

mvccconnect

NON-CREDIT COURSES • ACADEMIC PROGRAMS • CAMPUS EVENTS



Utica Campus

Academic Building

- Public Safety

Alumni College Center

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

Francis A. Wilcox Hall

- Accessibility Resources
- C3
- Learning Commons
- Theater

Payne Hall

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

Jorgensen Athletic & Events Center

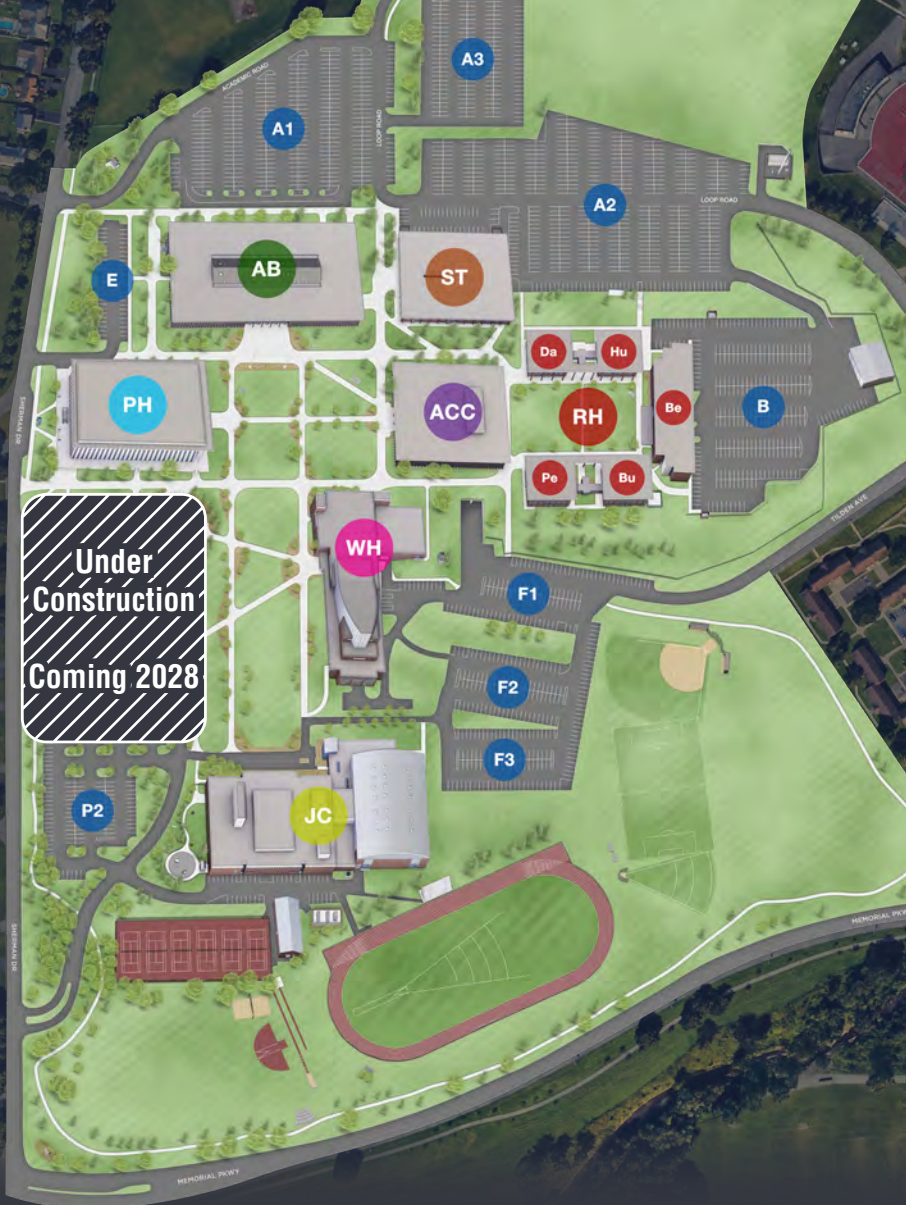
- Field House
- Fitness Center
- Pool

Residence Halls

- Bellamy
- Butterfield
- Daugherty
- Huntington
- Penfield

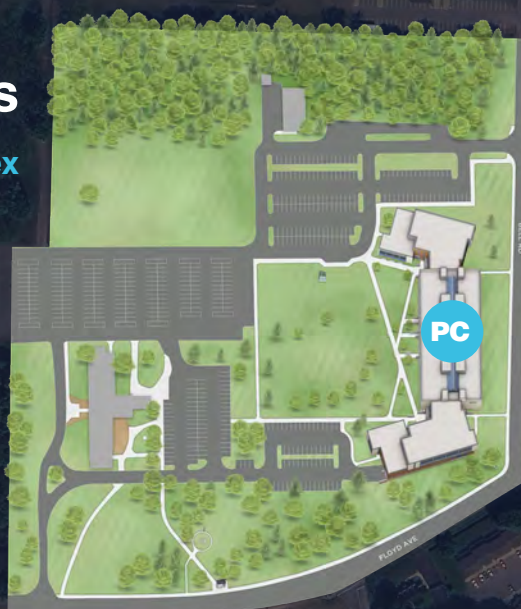
Science & Technology Building

- FABLab



Rome Campus

Plumley Complex



Carpentry and Masonry:

335 Catherine St., Utica, NY 13501

Rome Campus:

1101 Floyd Ave., Rome, NY 13440

Utica Campus:

1101 Sherman Drive, Utica, NY 13501

Non-Credit

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Campus Events

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Weekday Abbreviations:

M	Monday	T	Tuesday	W	Wednesday	Th.	Thursday	F	Friday	Sa.	Saturday	Su.	Sunday
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Check for the **FastTrack** icon to see our free career programs!

NON-CREDIT COURSES

Time to think spring — a great time to focus on creating and meeting new or existing goals! The following pages highlight non-credit community education opportunities at MVCC. We offer both in-person and online courses to fit your schedule with short-term programs that are open to all ages and interests. We can't wait to see you on campus this spring!



Floating Fitness

PG. 8



Moroccan Cooking

PG. 12







PG. 14



PG. 20

CLASS FORMAT KEY

All classes are instructor-led.

-  **In-Person:** Scheduled on campus sessions
-  **Online Live:** Scheduled sessions; real-time instruction
-  **Online Asynchronous:** Scheduled dates; work anytime
-  **Online Self-Paced:** Start anytime; work anytime

Professional Development

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

This course is required as the first step in obtaining a security guard registration card from New York State. This is a general overview of the duties and responsibilities of a security guard. Passing an exam is required for completion. **Ages 18+ & SSN required.**

Instructors: Joe Ciccone, John Bielby
Utica Feb. 3, 5 • T, Th. • 5-9 p.m.
Rome March 5, 12 • Th. • 4-8 p.m.
Utica April 7, 9 • T, Th. • 5-9 p.m.

FREE!

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

This course must be completed within 90 days of employment as a security guard. It provides detailed information on the duties and responsibilities of a security guard. Passing an exam is required for completion.

Instructor: Joe Ciccone
Utica April 21-30 • T, Th. • 6-10 p.m.

FREE!

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

This is the mandatory annual recertification of the Eight-Hour Pre-Assignment Training. It provides updated and enhanced information on security guard responsibilities.

Instructors: Joe Ciccone, John Bielby
Utica Feb. 10, 12 • T, Th. • 5-9 p.m.
Rome April 9, 16 • Th. • 4-8 p.m. **\$70**

SAVE School Violence Prevention

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

Instructor: John Bielby
Rome Feb. 26 • Th. • 5-7 p.m.
Utica April 2 • Th. • 6-8 p.m. **\$30**

Dignity for All Students (DASA)

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

Instructors: John Wells, Dr. Steven Grimm
Online Live March 7 • Sa. • 9 a.m.-3 p.m.
Utica April 18 • Sa. • 9 a.m.-3 p.m. **\$100**

Child Abuse Recognition

The NYS Education Department requires healthcare, educational, and other licensed professionals be trained to identify and report child abuse. This program includes the updated September 2025 curriculum as mandated by NYSED. Matriculated MVCC students should consult with academic advisors before enrolling in this course.

Instructor: John Bielby
Rome Feb. 12 • Th. • 5-8 p.m.
Utica April 1 • W • 5-8 p.m. **\$40**

Notary Public Test Prep

If you have wanted to become a notary public but have been worried about the exam, this class will help. Become familiar with the terminology and laws, learn the skills necessary to sit for the notary exam, and earn the license to become more valuable in your workplace.

Instructor: Gloria Karol
Utica Feb 23,25 • M, W • 5:30 7:30 p.m. **\$60**


NEW Step Into Child Care – A Free Introductory Workshop


Do you love working with children? Join Cornell Cooperative Extension for this free workshop to explore starting a career as a childcare provider. Learn about the steps to become licensed or registered, the support available along the way, and the rewarding opportunities in this high-demand field. Whether you're just starting out or looking for a meaningful new path, this workshop will help you take the first step toward a fulfilling and profitable career in childcare.

Instructor: Richelle Singer
Rome Jan 29 • Th. • 5:30-6:30 p.m.
Utica Feb. 24 • T • 5:30-6:30 p.m.
Rome March 24 • T • 5:30-6:30 p.m.
Utica April 29 • W • 5:30-6:30 p.m. **FREE!**

NEW Applied Artificial Intelligence: Practical Tools for Business and Life

Perfect for anyone looking to integrate AI into their daily workflow, this course offers hands-on experience with AI tools. It focuses on Claude Code — an advanced AI assistant and command-line tool for productivity, problem-solving, and business automation. Learn to apply AI in real-world contexts such as project management, data analysis, content creation, strategic planning, and process optimization.


 **Instructor:** JD Kristenson

 **Online Live** Feb. 5-March 19 • Th. • 6-7:30 p.m. \$90

- No prior programming experience required.
- Requires a Windows or Mac computer with Chrome, Firefox, or Safari and an account with Claude.ai.
- A Claude Pro subscription (\$20/mo) is encouraged.

NYS 77-Hour Real Estate Salesperson Pre-Licensing Course

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

 **Instructor:** Joanne Zennamo

 **Utica**

Feb. 2- March 31

M, T, Th. • 5:30-8:30 p.m.

\$550

More options offered through our partner The CE Shop

mvcc.theceshop.com

Online Certificates

Session 1:

① **Course:** Feb. 2-27

② **Course:** March 2-27

③ **Course:** April 6-May 1

Session 2:


① **Course:** April 6-May 1

② **Course:** May 4-29

③ **Course:** June 1-26

NEW Bookkeeping for Nonprofits Certificate

Nonprofit bookkeeping differs significantly from traditional business accounting. With nonprofits representing the third-largest workforce in the U.S., it's important to understand their unique practices. This course introduces the principles of fund accounting and teaches you how to record transactions based on how money enters a nonprofit and how those funds are tracked and spent. You'll also learn how to prepare nonprofit financial statements and create a cash flow statement.

 **Instructor:** Sharon DeFonteny

① **Course:** Introduction to Nonprofits • \$195

② **Course:** Accounting for Nonprofits • \$245

③ **Course:** Financial Statements • \$245

 **Online Asynchronous**

All: \$495

30-Day AI Agility Challenge

Learn to integrate AI into your daily workflow with this 30-day hands-on challenge. Through short 15-minute focused lessons and real-world prompts, you'll build practical skills in prompt engineering, automation, and AI-assisted productivity. By the end, you'll have a personal toolkit of AI use cases to improve efficiency, spark innovation, and confidently lead in an AI-driven environment.

 **Online Asynchronous**

\$500


New cohort each month

In partnership with Humanskills.ai

mvcc.edu/aiagility

NEW Mastering Payroll Certificate

Even if you outsource payroll, it's essential to know the rules and regulations to accurately process payroll and navigate compliance requirements. This course covers the full cycle from start to finish, including payroll concepts, calculations, federal and state payroll tax requirements, payroll and tax withholdings, tax filing procedures, and payroll journal entries.

 **Instructor:** Sharon DeFonteny

① **Course:** Payroll Concepts

② **Course:** Payroll Calculations and Tax Withholdings

③ **Course:** Payroll and Tax Filings

 **Online Asynchronous**

Single: \$195 • All: \$495

AI Certificate

Give your organization a competitive advantage with Artificial Intelligence (AI), and position yourself to lead your organization into this exciting new era of business expertise. Explore how AI can reduce costs, gather better data, improve efficiency, and more. Learn how to implement AI and develop a strategy to deliver results for your workplace.

 **Instructors:** Elizabeth Flanagan and Marcus Lander

① **Course:** AI Planning and Strategizing

② **Course:** Intermediate AI

③ **Course:** Introduction to ChatGPT

 **Online Asynchronous**

Single: \$195 • All: \$495

Certificate in Web Design

Discover the basics of web design using HTML and CSS — no prior knowledge required! Learn how to design effective web pages and create dynamic websites/applications. Dive deeper into responsive design, advanced layout, and design features, and explore industry standard technologies and frameworks.

 **Instructor:** Marcus Lander

1 Course: Introduction to Web Design


2 Course: Intermediate Web Design

3 Course: Advanced Web Design

 **Online Asynchronous** Single: \$245 • All: \$595

Certificate in Data Analysis

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

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

1 Course: Introduction to Data Analysis

2 Course: Intermediate Data Analysis

3 Course: Advanced Data Analysis

 **Online Asynchronous** Single: \$195 • All: \$495

SQL Certificate

This course introduces relational database structures and the history and purpose of Structured Query Language (SQL). Learn how to create databases and tables, add records and modify data, extract and analyze data, perform complex searches and sorts, and generate meaningful statistics. By the end of the course, you'll be able to write powerful queries to manage and interpret data with confidence.

 **Instructor:** Cecilia Allison

1 Course: Introduction to SQL

2 Course: Intermediate SQL

3 Course: Advanced SQL

 **Online Asynchronous** Single: \$245 • All: \$595

Certificate in Power BI


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

 **Instructor:** Marion Williams

1 Course: Introduction to Power BI

2 Course: Intermediate Power BI

3 Course: Advanced Power BI

 **Online Asynchronous** Single: \$195 • All: \$495

Certificate in Mastering Excel

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

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

1 Course: Mastering Microsoft Excel

2 Course: Intermediate Excel

3 Course: Advanced Excel

 **Online Asynchronous** Single: \$195 • All: \$495

NEW Advanced Excel Functions

Take your Excel skills to the next level with advanced functions to efficiently analyze and manipulate data. Explore the advantages of these functions in various contexts, enhancing your productivity and data insights.

 **Instructor:** John Rutledge

1 Option: Feb. 2-27

2 Option: April 6-May 1

 **Online Asynchronous** \$195

Graphic Design Software Essentials Certificate


Master Adobe software tools — the gold standard in graphic design. Illustrator lets you create shapes and design graphics, including logos, flyers, banners, and business cards. Photoshop is a tool for editing, retouching, and enhancing images or for crafting original digital artwork. InDesign is ideal for producing simple flyers to complex multi-page layouts such as brochures, books, and magazines. Students must purchase their own software.

 **Instructor:** Andy Helmi

1 Course: Adobe Illustrator Essentials

2 Course: Adobe Photoshop Essentials

3 Course: Adobe InDesign Essentials

 **Online Asynchronous** Single: \$225 • All: \$545

Mastering Computer Skills for the Workplace

The Microsoft Office suite of applications is the most used software tool in the world. This course will help you stay current and master its most common uses so you can work more efficiently in today's fast-paced workplace.

 **Instructor:** Betsy Flanagan

1 Course: Mastering Microsoft Excel

2 Course: Mastering Microsoft Word

3 Course: Mastering Microsoft PowerPoint

 **Online Asynchronous** Single: \$195 • All: \$495

Construction Training

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

Lead Renovator Certification

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

Instructor: Gene Allen

1 Option: Feb. 27 • F • 8:15 a.m.-5:15 p.m.

2 Option: April 3 • F • 8:15 a.m.-5:15 p.m.

MVCC Carpentry & Masonry

\$195

Certificate in Project Management

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

Instructors: John Fitzgerald, Jr., Christina Martinez, Gail Singleton

1 Course: Introduction to Project Management

2 Course: Project Management Processes

3 Course: Project Management Knowledge Areas

Online Asynchronous

Single: \$195 • All: \$495

Bookkeeping Certificate

Whether you're an entrepreneur, running a family business, or looking to advance your career and add to your skill set, this program — which focuses on cash-basis accounting — provides the knowledge needed to measure and manage the financial health of your business.

Instructor: Sharon DeFonteny

1 Course: Understanding Debits and Credits

2 Course: General Ledger and Month-End Procedures

3 Course: Closing Procedures and Financial Statements

Online Asynchronous

Single: \$195 • All: \$495

The Basics of Bookkeeping

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

Instructor: Sharon DeFonteny

Online Asynchronous March 3-28

\$195

Certificate in QuickBooks Online

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

Instructor: Marcus Lander

1 Course: QuickBooks Online Level 1

2 Course: QuickBooks Online Level 2

Online Asynchronous

Single: \$195 • All: \$395

Legal Studies



Paralegal Certificate

This class will help you pass quizzes and successfully complete several writing assignments to receive your certificate.

Online Asynchronous March 9-June 19 \$2,095

Online Live M, W, 6-9 p.m. • Sa., 8:30 a.m.-1 p.m.

Feb. 2-March 28 • (No class Feb. 16, makeup is Feb. 19)

\$2,195

Legal Secretary Certificate Course

This intensive program will help both beginning and experienced secretaries improve their skills and work more efficiently within a law office.

Online Asynchronous

March 9-April 24

\$1,095

Books and materials must be purchased separately.

To enroll: Contact Center for Legal Studies

1-800-522-7737
legalstudies.com

Healthcare & Fitness Training

NEW Personal Trainer Certificate 101

Become a Certified Personal Trainer through the National Academy of Sports Medicine (NASM), the world's most trusted source of fitness training. This course consists of in-person meetings and access to Online NASM resources. Upon successful completion of the course, you will be eligible to take the NASM exam, which is included in registration. High school diploma or equivalent required.

Instructor: Joshua Evans
Utica Feb. 2-April 27 • M • 5-8 p.m. \$1,000

Barrier Precautions/Infection Control

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

Instructor: Tammy Johnston
Online Self-Paced \$50



CPR, AED, and Blocked Airways

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

Instructor: Karen Murphy
Utica March 23 • M • 9:30 a.m.-2 p.m. \$55

CPR, AED Heartsaver

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

Instructor: Karen Murphy
Utica March 24 • T • 9:30 a.m.-2 p.m. \$77

Spanish for Medical Professionals

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

Instructor: Cristina Sempé
Online Asynchronous Feb. 2-March 27 \$290

New York State High School Coaching Certification

NYS interschool athletic team coaches must meet 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 courses will get you started on your certification. Topics include 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.

1 Course: Philosophy, Principles, and Organization of Athletics in Education

Instructor: Matt St. Croix

2 Course: Theory and Techniques of Coaching

Instructor: Matt St. Croix

3 Course: Health Science Applied to Coaching

Instructor: Jen Krohn

Online Self-Paced Single: \$150

Purchasing or renting the textbook for this class is required: *Concepts of Athletic Training, Ronald P. Pfeiffer and Brent C. Mangus, 7th Edition*.



Foundation

We love reconnecting with alumni!
 Whether you have continued your education, advanced in your career, or have an inspiring story to share, we want to hear from you!



mvcc.edu/alumni-update

Health & Wellness



FREE Fitness Week: Jan 12-16

Get Fit For Free! During the Center for Corporate and Community Education's annual Free Fitness Week, all classes are free and open to the public, offering the opportunity to sample many of the health and wellness classes offered by MVCC. Classes are offered online or in person. Follow us on Facebook and Instagram for the most up-to-date schedule.

Floating Yoga

Floating yoga is similar to traditional Vinyasa Yoga but is performed on an inflatable board/mat in the pool. A fun and challenging experience focused on balance, this class is appropriate for yogis of all levels. A slower pace and increased focus are required as your muscles work to obtain balance on the mat. Swimming ability required.

Instructor: Michael Calogero
1 Option: Jan. 23-Feb. 20
2 Option: March 6-April 10 (No Class March 20)
3 Option: April 17-May 15
Utica F • 7-8 p.m.

\$65



NEW Floating Fitness

Take your workout to the water! Performed on a paddleboard in the pool, this total-body workout builds strength, balance, and endurance through exercises like planks, squats, and burpees on an unsteady surface. The gentle sway of the water engages your core and stabilizing muscles. No paddleboard experience needed, but participants must be able to swim. Wear quick-drying clothing and bring water.

Instructor: Michael Calogero
1 Option: Jan. 23-Feb. 20
2 Option: March 6-April 3
3 Option: April 17-May 15
Utica F • 6-7 p.m.

\$65

Shallow Water Tabata

Challenge your muscular and cardiovascular endurance with this fast-paced water workout, which combines high-intensity intervals with dance-inspired recovery moves to improve balance, strength, stability, and flexibility. Work hard for 20 seconds, rest for 10, and repeat for multiple rounds. Swimming skills are not required, but you must be at least 18 years old and comfortable in the water. Please bring a bottle of water.

Instructor: Nancy Gallagher
1 Option: April 14-June 16
Utica T • 5:30-6:30 p.m.

\$85

Deep Water HIIT Tabata

In this high-intensity interval training workout, you'll use a flotation belt for support, alternating 20 seconds of all-out effort with 10 seconds of rest, working all major muscle groups against the resistance of water. This low-impact workout can burn up to 15 calories per minute and keep your metabolism boosted after class ends. Swimming skills are not required, but you must be at least 18 years old and comfortable in deep water. Please bring a bottle of water.

Instructor: Nancy Gallagher
1 Option: April 14-June 16
Utica T • 6:30-7:30 p.m.

\$85

Balance, Strength, and Flexibility

Experience a full-body conditioning workout that will enhance muscle definition, balance, and strength while burning calories, increasing flexibility, and improving bone density. You'll use weights, resistance bands, and your own body weight. All work is standing or using a chair; there is no floor work.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
1 Option: Jan. 20-March 12
2 Option: March 24-May 14
Online Live T, Th. • 4:30-5:15 p.m.

\$100

Strengthen, Sculpt, and Tone

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

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
1 Option: Jan. 20-March 12
2 Option: March 24-May 14
Online Live T, Th. • 5:30-6:30 p.m.

\$110

Focus on Functional Fitness

Join a lower impact bootcamp with a focus on functional fitness, core strength, toning, and cardio. All levels welcome — the program is customized around participants' goals and/or fitness levels.

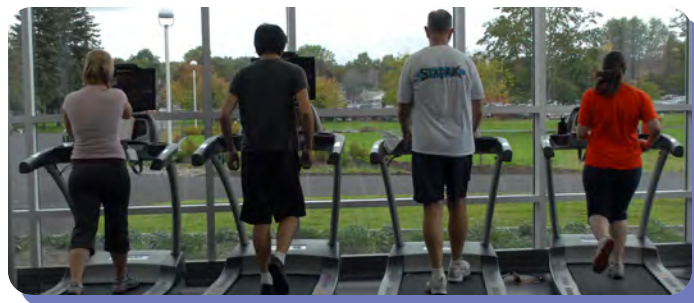
Instructor: Jason T. Hill

1 Option: Jan. 22-March 12

2 Option: March 26-May 14

Utica Th. • 6-6:45 p.m.

\$70



Jump(rope) Into Fitness

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

Instructor: Jason T. Hill

1 Option: Jan. 22-March 12

2 Option: March 23-May 14

Utica Th. • 5-5:45 p.m.

\$70



Wall and Mat Pilates 2

Build upon the fundamentals learned in Level 1, incorporating more advanced wall work and mat exercises while introducing variations to deepen your practice and enhance strength and flexibility. Dress to exercise and bring a water bottle.

Instructor: Kathy Bateman

1 Option: Jan. 20-March 10

2 Option: March 24-May 12

Utica T • 5-6 p.m.

\$65

LifeFit Yoga

This class focuses on connecting asanas (poses) with breath, flowing from one pose to the next to build strength and flexibility, mental focus, balance, and peace in the mind, body, and spirit. Modifications are offered so students of many levels can participate. Wear comfortable clothing and bring a yoga mat.

Instructor: Kathy Bateman

1 Option: Jan. 21-March 11

2 Option: March 25-May 13

Utica W • 5-6 p.m.

\$65

Wall and Mat Pilates 1

Learn the basic Pilates movements through wall work and traditional mat exercises that adhere to the Six Traditional Principles of Pilates: Breath, Concentration, Control, Precision, Center, and Flow. All fitness levels welcome; dress to exercise and bring a water bottle.

Instructor: Kathy Bateman

1 Option: Jan. 19-March 9

2 Option: March 23-May 11

Utica M • 5-6 p.m.

\$65

Yoga Balance

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

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

1 Option: Jan. 21-March 11

2 Option: March 25-May 13

Online Live W • 5:30-6:30 p.m.

\$65

Become a Sponsor for MVCCConnect Community Education!

With your sponsorship, you will receive:

- Your company's name and logo in MVCCConnect brochure (Over 60,000 households reached)
- Your company's name and logo on MVCCConnect website
- Recognition on CCED social media accounts.

Sponsorship disciplines include:

- College for Kids & Teens
- Professional Development
- Health & Wellness
- Leisure Learning
- Personal Safety



For more information on Community Education Sponsorships, contact MVCC's Institutional Advancement Office: 315-792-5555

Holistic Wellness



NEW Intro to Meditation

This course is ideal for beginners, experienced meditators looking to deepen their practice, and those wanting to reduce stress. In addition to basic meditation instruction, it introduces yogic breathing (pranayama), answers questions, addresses common misconceptions, and explores how meditation fits within yogic philosophy, Buddhist (mindfulness) practices, and other traditions. Light stretching and movement are incorporated to promote comfort, energy, and focus for meditation.

Instructor: Nicole Hayman-Sherman
Just Breathe Yoga
Rome Jan. 20-March 10 • T • 5:30-6:30 p.m.
Utica March 24-May 12 • T • 5:30-6:30 p.m. \$85

NEW Freedom of Letting Go: Intro Workshop

Get a taste of how freeing yourself from emotional burdens can bring clarity and calm. In this short, experiential workshop, you'll explore how emotions like fear and guilt impact well-being and learn simple mindfulness tools to manage stress and restore balance.

Instructor: Pilar Lombana
Utica Feb. 7 • Sa. • 9 a.m.- 1 p.m. \$35



NEW Tai Chi

Enhance your overall physical fitness with Tai Chi — a traditional Chinese martial art that emphasizes slow and mindful movements to improve flexibility, balance, coordination, and inner calm. The 24-Form Tai Chi is a simplified version of the traditional Yang style and features 24 movements that are smooth, flowing, well-coordinated, and balanced in rhythm, combining softness and strength.

Instructor: Zhao Danhong
Utica M • 6:15-7:15 p.m.
① **Option:** Jan. 19-March 9
② **Option:** March 23-May 11 \$65

The Art of Letting Go: A Journey to Inner Freedom

Discover how releasing emotional burdens and limiting beliefs can restore inner peace and clarity. In this experiential course, you'll examine how emotions such as fear, guilt, and resistance affect well-being and decision-making. Learn mindfulness-based tools to manage stress, build resilience, and live with greater authenticity and freedom.

Instructor: Pilar Lombana
Utica Feb. 24-April 14 • T • 6-7 p.m. \$90

Inner Balance: Meditation for a Busy Mind

Explore how meditation can become a powerful tool for mental clarity, emotional balance, and overall well-being. In this practical course, you'll learn simple techniques to calm the mind, improve focus, and connect with your inner self — cultivating peace, awareness, and personal growth in everyday life.

Instructor: Pilar Lombana
Utica March 5-April 23 • Th. • 6-7 p.m. \$90

NEW Beginning Mindfulness and Meditation

If you've struggled with meditation in the past, this class is for you! Through breathing and mindfulness techniques, you'll learn to prepare your mind and body for meditation. These practices can help ease anxiety, quiet racing thoughts, and foster greater clarity, peace, and equanimity in daily life.

Instructor: Laureen Violante
Online Live T • Jan. 27-March 17 • 6-7 p.m. \$75

Floating Sound Bath



A floating sound bath combines the sensation of weightless floating with the therapeutic benefits of immersive sound. Float on pool floats or at the water's edge while bathing in the calming vibrations of soothing instruments. This tranquil practice aims to induce deep relaxation, reduce stress, and promote emotional release.
Equipment used in this class has a manufacturer's weight limit of 300 lbs to ensure participant safety and comfort.

Instructor: Andrea Lisette Villiere
Certified Sound Healing Practitioner
Utica Su. • 3-4:30 p.m.
① **Option:** April 12
② **Option:** May 3 \$100

Leisure Learning



Introduction to Golf

Learn the fundamentals of the game in a fun, low-pressure atmosphere. We cover basic rules and etiquette, putting, chipping, pitching, and full swing with irons and woods, along with on-course play. Class will be held at the MVCC Campus, with the fourth session taking place at a local golf course. Bringing your own equipment optional.

 **Instructor:** Ruth Weydig
 **Utica** May 4-25 • M • 6-7:30 p.m. \$150




Locally Rooted: Sustainable Floral Design Workshop

Discover the beauty of locally sourced, sustainable florals in this centerpiece workshop. Learn to create a lush, layered arrangement using spring blooms and eco-friendly mechanics. Take home your finished masterpiece and vase, along with inspiration for future designs.

 **Instructor:** Natalie Levin
 **Utica** May 14 • Th. • 5:30-7:30 p.m. \$100

Computer & Smartphone Basics

This workshop is the perfect opportunity to brush up on computer and smartphone skills with extra time built in at the end of class so you can ask questions about your technology problems.

 **Instructor:** Shawn Essafi
 **Utica** Feb. 28 • Sa. • 9 a.m.-Noon
 **Rome** April 2 • T • 5-8 p.m. \$40



Wild Edibles Walking Tour: Spring Edition

Explore what nature has to offer in the spring through a series of guided local nature walks. Learn to locate and identify nutritious wild foods. Classes will take place at a variety of nearby destinations. Please bring a notebook and pencil.

 **Instructor:** Natalie Levin
 **Various Locations**
 April 27-May 18 • M • 5:30-7:30 p.m. \$80




Bigfoot: In Myth and Reality

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

 **Instructor:** Brad Gibson
 **Online Live** April 22-29 • W • 6-7 p.m. \$30



Computer Skills for Beginners

Learn basic skills and experience what can be done on a computer in a relaxed, no-pressure environment. You will learn how to open and send an email, search the internet, create documents using Microsoft Word, and more. The slow pace of this course, along with its small class size, assures that you will receive personal, hands-on instruction.

 **Instructor:** Kyle Lince
 **Rome** March 17, 19 • T, Th. • 3-6 p.m.
 **Utica** April 14, 16 • T, Th. • 5-8 p.m. \$80



Conversational Italian for Travel

Learn how to express yourself comfortably in Italian with practical, everyday words while traveling in Italy. Cultural notes are included to help you better understand the Italian way of life. *Textbook Required: Rick Steves Italian Phrase Book and Dictionary.*

 **Instructor:** Lisa Ricci
 **Utica** April 1-May 20 • W • 6-7:30 p.m. \$100




NEW Beginning Turkish Language

Learn the basics of Turkish in this beginner-friendly class. Develop foundational grammar, vocabulary, and pronunciation while practicing conversational skills for everyday situations. Perfect for travelers, heritage learners, or anyone interested in exploring Turkish language and culture.

 **Instructor:** Sara Fahmi
 **Utica** March 24-May 7 • T, Th.
 6-7:30 p.m. \$100



Beginning Conversational Spanish

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

 **Instructors:** Cristina Sempé, Wayne Seifried
 **Online Asynchronous** Feb. 2-March 27 \$290
 **Utica** March 25-May 20 • W • 6-8 p.m.
 (No class April 8) \$100

Sign Language for Beginners



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

 **Instructor:** Deborah Pardi
 **Utica** March 31-May 7 • T, Th.
 6-7:30 p.m. \$100

Music & Dance



Beginner Social Latin Dance

Learn the basics of Salsa and get a taste of Bachata and Merengue. Progress in skills such as advanced turns, proper footwork, and arm styling using basic routines. No partner necessary. This class is for beginner to low intermediate levels.

 **Instructors:** Liliana Piplica and Wayne Turkowski
 **Utica** March 23-May 18 • M • 6:45-8:15 p.m.
 (No Class April 6) \$75



Concert Band

Perform a variety of genres throughout the community with a long-standing concert band devoted to fostering enjoyment and developing skills in ensemble work. New members welcome; prior ensemble experience preferred.

 **Instructor:** Barb Seaton
 **Utica** Feb. 4-May 20 • W • 7-9 p.m.
 (No class March 18) \$30

NEW Novice & Beyond Social Dance



Learn the popular style West Coast Swing and progress in skills such as advanced turns, proper footwork, and arm styling using basic routines. No partner necessary. This class is for beginner to high intermediate levels.

 **Instructors:** Liliana Piplica and Marty Comstock
 **Utica** March 25-May 20 • W • 6:45-8:15 p.m.
 (No Class April 8) \$75

Culinary Classes



NEW Wild Edibles: Cooking with Locally Foraged Foods

Based on our Wild Edibles nature course, this class takes place in the kitchen, preparing local plants and edibles to create healthy and delicious recipes. Recipes may include (but not limited to) infused vinegars, cordials, elixirs, and soups; using ethically sourced ingredients. *Must complete Wild Edibles Walking Tour (pg. 11) prior. Please bring a jar to class.*

 **Instructor:** Natalie Levin
 **Rome** Th. • 5:30-7:30 p.m.
 ① **Option:** May 7
 ② **Option:** May 21 \$60



NEW Sarita's Empanadas

Learn the art of crafting empanadas with local food truck favorite Sarita! Discover staple ingredients, create flavorful fillings — savory or sweet — and perfect your folding, baking, and frying techniques. Take home recipes to share.

 **Instructor:** Sarita Ruiz
 **Rome** Th. • 5-8 p.m.
 ① **Option:** Feb. 12
 ② **Option:** March 26 \$65




NEW Moroccan Cooking

Step into the heart of Moroccan hospitality in this hands-on course. Learn to make seffa — a cinnamon sweet and savory take on pasta — as well as chicken tangine, fresh and colorful salads, and sweet treats served with Moroccan tea and coffee.

 **Instructor:** Shawn and Mustapha Essafi
 **Rome** Th. • 5-8 p.m.
 ① **Option:** April 9 • Tea, Salad, Chicken, Baghrir
 ② **Option:** April 30 • Coffee, Seffa, Baklava \$75



Cookie Decorating

Learn the art of cookie decorating in this hands-on workshop. Start with the basics of baking cookies and some tricks of the trade, then move into the world of decorating. You'll create a variety of designs to bring home at the end of class. **Ages 12+.**

 **Instructor:** Maggie McGrath, The Sweet Life
 **Utica** March 28 • Sa. • 10 a.m.-Noon
Easter Theme
 **Rome** April 14 • T • 6:30-8:30 p.m.
Spring has Sprung \$65



Fabulous French Cooking

Experience the timeless elegance of French cuisine in this course, which covers the basics of French cooking so you can learn to create delicious dishes that are sure to impress. Special focus will be on structuring an unforgettable three-course French-style menu.

 **Instructor:** Alexander Utter
 **Rome** T • 5-8 p.m.
 ① **Option:** Feb. 10
 ② **Option:** Feb. 24 \$65

NEW Love Your Leeks: Cooking with Veggies from Local Farmers Markets

Turn overlooked and misunderstood veggies like leeks, rutabaga, and kohlrabi into delicious dishes. Using fresh produce from our partners at Local Food Mohawk Valley, you'll cook creative, seasonal recipes that celebrate flavorful, local ingredients.

 **Instructor:** Natalie Levin
 **Rome** March 12 • Th. \$60

Beading & Jewelry Series

A required materials kit for each course will be available for purchase in class, payable in cash to the instructor. Color preferences for your kit can be requested after paid registration through email with the instructor.

NEW Bead Weaving 4 Beginners

Learn the art and craft of bead weaving (off loom) and complete a bracelet in this two-part class, which focuses on Even & Odd Count Peyote Stitch. Please note: This course is a prerequisite for a future bead-weaving class in this series.

Instructor: Sandra Dellano
Materials: \$22
Utica: Noon-4 p.m.
1 Option: Jan. 27, Feb. 3 • T
2 Option: Jan. 31, Feb. 7 • Sa. \$90

NEW Bead Weaving The Next Step: Honeycomb Wrap Bracelet

Try your hand with shaped and multi-hole beads! Gain experience reading patterns, learn one or two new stitches, and complete a bracelet. Prerequisite: Bead Weaving 4 Beginners.

Instructor: Sandra Dellano
Materials: \$10
Utica: Noon-4 p.m.
1 Option: April 21 • T
2 Option: April 25 • Sa. \$50

NEW Wire Wrapping

This class focuses on Classic Wire Wrapping, a technique used to create permanent closed loops in jewelry. You'll make a pair of earrings and, if time allows, a second pair as well. No prerequisites required.

Instructor: Sandra Dellano
Materials: \$10
Utica: Noon-4 p.m.
1 Option: March 17 • T
2 Option: March 21 • Sa. \$50

NEW Stringing for Jewelry Making

Learn the essential tools and terminology used in jewelry making. Practice proper crimping techniques, attaching clasps, and incorporating design elements to complete a bracelet. No prerequisites required.

Instructor: Sandra Dellano
Materials: \$20
Utica: Noon-4 p.m.
1 Option: Feb. 17 • T
2 Option: Feb. 21 • Sa. \$50



NEW Knotting With Silk

Learn the classic technique of hand-knotting pearls and beads on silk thread. The Tin Cup Design emphasizes spacing beads, knotting between each bead, and attaching clasps to the thread. No prerequisites required.

Instructor: Sandra Dellano
Materials: \$20
Utica: Noon-4 p.m.
1 Option: April 7 • T
2 Option: April 11 • Sa. \$50

Aquatics

- Adult Learn To Swim
- Water Aerobics
- Water Running
- Lane & Lap Lovers
- Lifeguard & WSI Training
- Open Swim
- Parent & Child
- Pre-school with Parent
- Swim Lessons: Levels 1-6

See our full swim schedule:

mvcc.edu/cced



College for Kids & Teens

Art and Yoga

Let that creativity flow! Each day starts with time on a mat, playing yoga games and learning new poses, followed by time to create. Get in the flow and get excited for both teacher-led art projects and open studio time. Leave with beautiful works of art, new friends, and a few mindfulness tools. **Ages 7-12.**

Instructor: Sara Vivyan, Resonate Trading Company
Utica April 6-9 • M-Th. • 1-4:30 p.m. \$140



Babysitter's Training: FLASH COURSE

Be the babysitter all the kids want! Learn the Do's and Don'ts of babysitting as well as basic safety skills and childcare techniques, and create a variety of activities to use while babysitting. You'll also fill a bag with fun projects/games to take while babysitting. (No CPR)

Instructor: Cristen Gallup
Utica Feb. 17 • T • 9 a.m.-5 p.m. \$90

Babysitter's Training

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

Ages 12-15.

Instructor: Cristen Gallup
Utica April Break • M, T, W • 9 a.m.-2 p.m. \$200

Creative Writing Camp

This camp explores genres like poetry and short stories through fun writing games, collaboration with peers, and writing prompts and specified workshops — all while creating a personalized portfolio. Bring your ideas and be ready to write!

Instructor: Isa Hudziak
Utica April 6-9 • M-Th
 ① **Ages 8-12:** 8:30 a.m.-Noon
 ② **Ages 13+:** 1-4:30 p.m. \$130

Drone Adventure

Learn the basics of drone flight and the rules. Start by using a flight simulator, then take to the skies with a real drone! Learn about the various components of a drone as well as Federal Aviation Administration regulations and guidelines. The camp will culminate with a fun series of activities, including an obstacle course.

Instructors: TBD
Rome February Break • M-Th.
 ① **Ages 9-13:** 8:30 a.m.-Noon
 ② **Ages 14-17:** 1-4:30 p.m. \$140

Craft the Day Away

Each day is packed with hands-on art projects, colorful creations, and imaginative fun. Campers will explore a variety of materials as they learn new crafting techniques and bring their ideas to life. **Ages 7-10.**

Instructor: Sara Vivyan, Resonate Trading Company
Utica Feb. 16-19 • M-Th. • 1-4:30 p.m. \$140

Be A Star! Theater Camp

Explore different styles of acting techniques through activities and games, and learn how to "get in character" as you prepare various scenes and monologues to perform in class. Genres include drama, comedy, improvisation, and musical theater.

Instructor: Isa Hudziak
Utica Feb. 16-19 • M-Th.
 ① **Ages 8-12:** 8:30 a.m.-Noon
 ② **Ages 13-16:** 1-4:30 p.m. \$140



Tips, Tricks & Techniques: Dance Edition

Refine pirouettes, boost jazz leaps, and increase flexibility through focused techniques and conditioning. Learn partner tricks, as well as new choreography and high-energy routines designed to build strength, confidence, and performance quality. Perfect for all experience levels.

Ages 12-16.
Instructor: Kayla Gerstner
Utica Feb. 16-19 • M-Th. • 1-4:30 p.m. \$130

FIRST® Robotics



Robot Ruckus! FIRST® LEGO® League EXPLORE

Explore basic engineering, building, and computer coding to make fun robots and mechanisms using innovation, problem solving, and teamwork! **Ages 6-8.**

Instructor: Corrine Bush

Utica

April 11-12 • Sa.-Su.
9 a.m.-12:30 p.m.

\$90

Robot Riot! FIRST® LEGO® League CHALLENGE Robotics

Apply science, engineering, and computer science skills to build and code robots and mechanisms while developing skills in critical thinking, team building, and STEM. **Ages 9-14.**

Instructor: Corrine Bush

Utica

April 11-12 • Sa.-Su. • 1-4:30 p.m.

\$90

Move & Groove: Dance Camp!

With themes like Safari Adventure and Pirates Ahoy, each day of camp brings a new dance adventure.. Through creative routines and games, dancers will move and groove through a week full of imagination. **Ages 6-10.**

Instructor: Kayla Gerstner

Utica

April 6-9 • M-Th. • 8:30 a.m.-Noon

\$130

CEO in Training: Young Entrepreneurs Camp

Turn your ideas into action in this hands-on entrepreneurship camp! Build your own business from the ground up, creating a portfolio with a business plan, marketing strategies, pricing, and launch plans. Learn about market research, advertising, budgeting, and how to manage expenses, salaries, and production costs. From designing ads to balancing budgets, this camp teaches real-world skills in a fun, creative way. **Ages 9-16.**

Instructor: Kayla Gerstner

Utica

Feb. 16-19 • M-Th. • 8 a.m.-Noon

Utica

April 6-9 • M-Th. • 1-4:30 p.m.

\$140

Personal Safety

Defensive Driving

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

1 Option: Feb. 7

2 Option: April 25

Utica

Sa. • 9 a.m.-4 p.m.

\$40

Confrontation Management Clinic

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

Instructor: Tom Arcuri

Utica

March 13 • F • 6-8 p.m.

\$35

Weapons Protection Clinic

This FailSafe Method clinic covers techniques for avoiding, managing, and surviving armed assailant scenarios. Topics include edged weapons, bludgeons, and firearms. In addition to developing a greater understanding and awareness of these weapons, you'll learn critical decision-making skills for active shooter, mugging, and intimidation scenarios. No experience required. **Ages 12+.**

Instructor: Tom Arcuri

Utica

April 10 • F • 6-8 p.m.

\$35

Senior Self-Defense

This course covers the most common scenarios senior citizens may face in their everyday lives and teaches highly effective methods the average senior can use to avoid, manage, and survive potentially violent encounters. No experience required. **Ages 55+.**

Instructor: Tom Arcuri

Utica

April 24 • F • 6-8 p.m.

\$35

Women's Self-Defense

This clinic covers the most common scenarios women face in their lives. Presented in a fun and empowering way, it focuses on highly effective methods to avoid, manage, and survive physical encounters. No experience required. Teen girls and women welcome.

Instructor: Tom Arcuri

Utica

Feb. 6 • F • 6-8 p.m.

\$35

5 ways to register


Online
mvcc.edu/cced
Credit Card


Phone
315-792-5300
Credit Card


Fax
315-792-5682
Credit Card


Mail
Address on Form
Check


In-Person
AB 166
All Payments

CANCELLATION/REFUND POLICY

Reimbursement:

100% refund: Withdraw three or more business days before class begins.

50% refund: Withdraw two days or less before class begins (classes under \$20 is tuition minus a \$10 fee).

Withdrawal requests after classes begin must be made in writing to the CCED office (AB 166).

Online Asynchronous Classes: You may receive a full refund up to the end of the second week of your class.

Security Guard Course: 100% refund before the start of instruction.

16-hour OJT Course: 50% refund before the start of the second eight-hour block of instruction.

A DCJS-approved security guard training cannot assess any non-refundable registration fees, deposits, or cancellation fees.

Inclement Weather/Class Cancellations:

If MVCC campuses close, all non-credit CCED classes are canceled as well. Please monitor local media outlets and check mvcc.edu

CCED is dedicated to customer satisfaction. Please call 315-792-5300 with questions and concerns.

NON-CREDIT REGISTRATION FORM



Scan this QR code to directly access our registration website!

Mail or drop off registration to:
Mohawk Valley Community College
Center for Corporate and Community Education
1101 Sherman Drive, Academic Building room 166
Utica, N.Y. 13501, 315-792-5300

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

* Registrant Information

☐ Male ☐ Female
☐ Non-binary ☐ Prefer Not to Answer

* Ethnicity Identity

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

* Last Name		* First Name	MI
* Date of Birth	Preferred First Name		Previous Maiden Name
* Address			
* City	* State	* Zip Code	
* (If a minor) Parent Last Name		* First Name	MI
* Phone	* Email Address		

* Course Information

CRN	Course Name	Start Date	Fee

<input type="checkbox"/> Credit Card		<input type="checkbox"/> Check	<input type="checkbox"/> Money Order
<input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard Name on Card (print)		Signature	
Credit Card Number Exp. Date CVV <div style="display: flex; justify-content: space-between;"> <div> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> </div> <div> <input type="text"/> <input type="text"/> <input type="text"/> </div> <div> <input type="text"/> <input type="text"/> <input type="text"/> </div> </div>			
		Date	

MVILR — a community of lifelong learners

Looking for an engaging way to stay active, expand your knowledge, and connect with others? Join the **Mohawk Valley Institute for Learning in Retirement (MVILR)**, which provides a variety of learning opportunities designed specifically for retirees — without the pressure of homework, exams, or grades.

MVILR is housed at **MVCC's Rome Campus** with dedicated classrooms, state-of-the-art event spaces, and free parking. Courses — which are offered in the **Fall, Winter, and Spring** — range from large lectures to small discussion groups on topics like **fitness and wellness, science, literature, and history**, so there's something for everyone to explore.

New members welcome

Becoming an MVILR member means more than just attending classes — it's about building connections and embracing new experiences so you can make the most of retirement. The **\$265 annual membership fee** also includes a variety of special social events, guest speakers, and other activities sponsored by MVILR and MVCC at **no additional cost**.

Check out MVILR's Catalog at mvcc.edu/mvilr.



Center for
Corporate &
Community Education

*If you found value in
CCED courses, you may
want to consider MVILR!*



● **Floating Sound Bath**

PG. 10

● **Yoga Balance**

PG. 9

● **Bigfoot: In Myth and Reality**

PG. 11

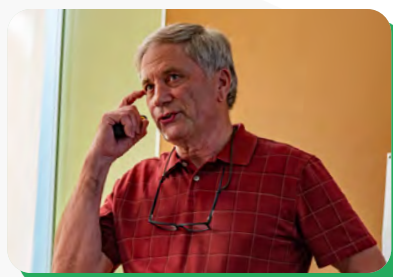
● **Mars: Myth, Fact, and Future**

● **Yoga For Every Body**

● **Medicine: Questions & Answers**

Learn more:

🖥️ mvcc.edu/mvilr
✉️ mvilr@mvcc.edu
☎️ 315-334-7761



LEARN TO RIDE AT MVCC



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

Basic RiderCourse (BRC)

Five hours of independent online learning with at least 11 hours of hands-on riding instruction. This course provides a beginner with the basic mental and physical riding skills necessary to minimize risk on the street. Motorcycles and helmets are provided.

Motorcycle road test waiver received upon completion.

3-Wheeled Basic RiderCourse (3WBRC)

Eight hours of interactive entry-level classroom learning with eight hours of hands-on riding instruction on automatic transmission three-wheeled motorcycles (two wheels in front and one in back).

Three-wheeled motorcycle road test waiver received upon completion.

Introductory Motorcycle Experience (IME)

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

Basic RiderCourse 2 for License Waiver (BRC2-LW)

A three-hour online eCourse, two hours of classroom instruction, and approximately five hours of riding practice on your own street-legal motorcycle or scooter. For individuals 18 years or older who have held a valid New York State Motorcycle Permit for at least one riding season. Motorcycle road test waiver received upon completion.

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.

 gomotorcycling.net

 315-858-3321



Your truck-driving career starts at MVCC!

With our partner Ancora Corporate Training.



DID YOU KNOW?

Truck driving is currently one of the most in-demand careers in the nation.

The average starting salary for a **CDL driver in Utica is \$62,000** — and many employers offer additional benefits, bonuses, and tuition reimbursement programs.

In **just four weeks**, you can launch a flexible, lucrative career and enjoy a freedom that few other jobs can offer.

Get started on your tomorrow today.

 mvcc.edu/cced/tractor-trailer.php



Level Up with AI

Strengthen Human Skills, Drive Strategic Impact

The AI Agility 30-Day Challenge transforms how your teams work by breaking down mastery of artificial intelligence into bite-sized, 15-minute daily practices. By the end of the challenge, you'll be capturing real business value by building sustainable AI workflows to enhance productivity and leading with confidence through strong human-AI partnerships.

 mvcc.edu/aiagility



Build your skilled workforce with apprenticeships!

Work with trusted partners at SUNY to develop an apprenticeship program for your business.

mvcc.edu/suny-apprenticeships



Free Community College

For adults **ages 25-55** who haven't received a college degree.

20+ programs offered completely free.

freecc.mvcc.edu

Online Insurance Courses



- ☑ Life and Health Insurance
- ☑ Securities Industry Essentials
- ☑ Property and Casualty Insurance
- ☑ Continuing education courses

Benefit from the "Pass Guarantee"

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mohawkvcc@examfx.com
as your Manager's email address

examfx.com

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ONLINE CAREER TRAINING PROGRAMS

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

- 6-18 Month Format
- All Materials Included
- Prepare for Certification
- Student Advisors
- Arts and Design
- Business
- Computer Applications
- Computer Programming
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology

careertraining.ed2go.com/mvcc

INSTRUCTOR-MODERATED OR SELF-GUIDED ONLINE SHORT COURSES

We focus on creating warm, supportive communities for our leaders. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

- 6-Week Format
- Discussion Areas
- Monthly start sessions
- Student advisors
- Accounting and Finance
- Business
- Computer Applications
- Design and Composition
- Healthcare and Medical
- Language and Arts
- Teaching and Education
- Technology

ed2go.com/mvcc



The CE Shop™

NYS Real Estate Training: Licensing and Continuing Education

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

mvcc.theceshop.com

The Center for Leadership

Excellence (CLE) is a partnership between MVCC and Leadership Mohawk Valley – creating an innovative and high-impact center to address the region's need for effective, equipped, and engaged leaders and supervisors. **Accepting Applications.**



Center for
Leadership
Excellence

clemv.org

jhobika@mvcc.edu

FastTrack

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

FastTrack Career Exploration: Choose one path

NEW Advanced Manufacturing Fundamentals

Gain a solid foundation in modern manufacturing processes, tools, and technologies. This hands-on class introduces key concepts in safety, precision measurement, blueprint reading, and quality control. Explore manufacturing methods such as machining, CNC operations, and additive manufacturing while developing the skills employers seek in today's high-tech production environments. Perfect for individuals preparing for entry-level roles or looking to advance in the manufacturing field.

 **Instructor:** Kyle Bradley



Jan. 24-Feb. 28 • Sa. • 9 a.m.-3 p.m.



Teaching Assistant Certificate

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



Feb. 16-19 • M-Th. • 4-9 p.m.



March 16-19 • M-Th. • 9 a.m.-2 p.m.



April 20-23 • M-Th. • 9 a.m.-2 p.m.

Bookkeeping Basics

Tracking financial transactions for any business is essential. Whether you own a business or are looking to advance in your career, this course will help you better understand the numbers. Learn bookkeeping terminology and how to record every cent that comes in and out of your business. Introductory QuickBooks included. High school diploma or equivalency required.

 **Instructor:** Maureen Ball



Jan. 22-May 5 • T, Th. • 6-8 p.m.

NYS Security Guard Certificate

This all-inclusive program provides the tools you need to become a NYS security guard. Complete the Eight-Hour Pre-Assignment Training, 16-Hour On-the-Job Training, and NYS application and fingerprinting, and learn about job opportunities. Employers typically require a high school diploma or equivalent and a driver's license. Attendees must be 18+ and an American Citizen.

Individual Security Guard Trainings available (page 3)



March 16-19 • M-Th. • 8:30 a.m.-4:30 p.m.

Early Childhood Education Microcredential

The 15-credit pathway is designed for those working in or preparing for careers in fields such as early childhood education, childcare, child development, and human services who want to begin or maintain employment in early childhood settings. This sequence should be taken over two semesters and includes a set of required courses. *Introduction to Early Childhood Education (Fall offering)*
Early Childhood Methods & Materials (Fall offering)

- 1 Social & Philosophical Foundations of Education
Jan. 21-May 6 • M, W, F • 9:05-10 a.m.
- 2 Child Development
Jan. 21-May 6 • M, W • 4:05-5:25 p.m.
- 3 Introduction to Exceptionalities
Jan. 21-May 6 • T, Th. • 4-5:25 p.m.



Intro to Solar Energy Systems

Get started in the growing field of solar energy with this hands-on course, where you'll learn about planning and installing photovoltaic (PV) systems for homes and gain skills for entry-level jobs in solar installation. Topics include how solar energy components and systems work, methods for choosing the right equipment, and the design of grid-tied systems and off-grid systems. The course is ideal for beginners who have a basic understanding of electricity and math skills. Those completing the class will receive a 10-hour OSHA Certificate and will be eligible to take the optional exam for the nationally recognized NABCEP Photovoltaic Associate credential. All materials and test fees are included. High school diploma or equivalent required.

 **Instructors:** Bob Decker, Dominick Timpano
 **Utica** April 21-June 11 • T, Th. • 6-9 p.m.

Dental Assistant Certificate



This 60-hour program prepares you for entry-level positions as a chair-side dental assistant, one of the fastest-growing careers in healthcare. With a shortage of trained professionals and demand continuing to rise nationwide, dental assisting is ranked among the top-growing healthcare support occupations. Designed to familiarize learners with all areas of administrative and clinical dental assisting, the course focuses on the responsibilities required to function as an assistant in a dental practice. In addition to providing an introduction to the dental office, it covers the history and legal aspects of dentistry, the dental operator, and oral anatomy, including tooth structure (primary and permanent teeth), the oral cavity; and more. A voucher to take the national exam is included.

 **Rome** Feb. 17-April 23 • T, Th. • 5:30-8:30 p.m.




Certified Nurse Aide (CNA)

Get New York State certified with this accelerated 120-hour course that combines 90 hours of classroom and lab with 30 supervised clinical training hours. Upon successful completion of the course, you will take the NYS certification exam on-site. Medical requirements before clinical clearance include proof of a physical and negative TB test results within 12 months of clinical start date and positive titers or proof of two Mumps Measles and Rubella (MMR) vaccinations.

 **Utica** Jan. 5-March 24 • M, T, W • 4-9 p.m.
 **Rome** Jan. 13-March 20 • T, Th., F
9 a.m.-2:30 p.m.

Pharmacy Technician


This comprehensive 48-hour course prepares you to sit for the Pharmacy Technician Certification Board exam and enter the field as a technician under the supervision of a registered pharmacist in a variety of settings, including hospitals, home infusion facilities, and community pharmacies. Topics include medical pharmacy-specific terminology, reading and interpreting prescriptions, brand and generic drug names, dosage calculations and dose conversions, IV flow rates, drug compounding, prescription dispensing, inventory control, and billing and reimbursement. You must be at least 17 years old to enroll, and to be certified, you must be at least 18 with a high school diploma or equivalency.

 **Rome** April 7-May 12 • T, Th. • 4-8 p.m.



Phlebotomy Certificate

This course will familiarize you with various aspects of the medical laboratory while providing the skills and certificate required to work as a phlebotomist in a hospital, laboratory, or medical office. Intense classroom instruction is combined with individualized clinical practice. Medical requirements before clinical clearance include a physical and negative TB test results read within 12 months of clinical start date, and positive titers or proof of two Mumps, Measles and Rubella (MMR). A Tdap or Tetanus toxoid within 10 years and a seasonal flu shot is also required. Tuition includes an insurance fee. Purchasing the textbook is optional but highly recommended. A high school diploma or equivalency is needed for employment.

 **Instructors:** Rachel Canarelli, Ann Wainwright

 **Utica**

March 24-May 13 • T, W
10:30 a.m.-1:30 p.m.

 **Utica**

April 20-June 10 • M, W • 5:30-8:30 p.m.

TO ENROLL AND REQUEST INFORMATION

Contact:

Nathan Edwards
nedwards@mvcc.edu

Dani Kall-Marrone
dkallmarrone@mvcc.edu

Alex LapeChristen
alapechristen@mvcc.edu



CAMPUS EVENTS

MVCC Campus Events are open to the public, and most are free to attend.

All events are free for currently matriculated MVCC students.

Tickets

mvcc.edu/tickets

All events go on sale at 10 a.m. on January 26




COMING SOON



Actor and Singer Anthony Rapp

From his breakout role as the original Mark Cohen in the Broadway musical *Rent* to memorable performances on stage and screen, Anthony Rapp continues to captivate audiences with his talent, passion, and unforgettable stories. We can't wait to welcome him to the Mohawk Valley for this special performance.

Details will be announce soon.
Here's how to stay in the know:

-  mvcc.edu/events
-  MVCC Campus Events
-  [mvcccampusevents](https://www.instagram.com/mvcccampusevents)

FEBRUARY

International Café & Conversation


Behind the Test Scores: A Personal Look at China's Education and Culture

What shapes the mindset of students raised in China? Through storytelling, MVCC Career Development professional Yue Riesbeck will share her experience growing up in China and how education, family and culture shaped who she is today. The event will briefly contrast these elements with American perspectives to support cross-cultural empathy and communication.

 Utica: Feb. 11 • W • 2:30 p.m. • WH225

ART EXHIBIT 2026 Faculty Select Student Show


Opening reception for an exhibit featuring highlights of student-created work selected by School of Art Faculty. The exhibit will run from Feb. 12 - March 13.

 Utica: Feb. 12 • Th. • 1 p.m.
Juergensen Gallery, WH

International Café & Conversation

MVCC's International Students


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

 Utica: Feb. 25 • W • 2:30 p.m. • WH225

FAMILY FUN SERIES \$ Sensory Jar

Making for Kids! w/ Marcy Made Minis

Make your own sensory jars and explore various sensory stations and activities (*recommended ages 4-6 years old*).

 Utica: Feb. 28 • Sa. • 10 a.m. • WH225
\$10 /child

MARCH

WORKSHOP \$ St. Paddy's T-Shirt

Come learn about the screen-printing process then make your own Irish themed T-shirt. Limited tickets available.

Utica: March 5 • Th. • 6 p.m. • AB161
General: **\$10**

\$ Drag Brunch

Join us for a drag brunch featuring a diverse lineup of performers. Enjoy a delicious brunch buffet while being entertained by queens, kings, and performers of all backgrounds celebrating the full spectrum of drag culture. Expect show-stopping performances, infectious energy, and an inclusive atmosphere where everyone is welcome. Mature audience only. Limited tickets available.

Utica: March 7 • Sa. • 11 a.m. • ACC Commons
General: **\$15** Employees: **\$10**

WORKSHOP \$ Risotto w/ Chef Swiss

Join Chef Dustin Swiss for a hands-on cooking workshop where you'll learn to make a creamy, flavorful mushroom risotto from scratch. Limited tickets available.

Rome: March 24 • T • 6 p.m. • PC Kitchen
General: **\$10**



WORKSHOP \$ Basket Making

w/ Weave and Wobble

Weave your own basket with an 8" round wood base, about 5" tall with assorted beads for the rim. All materials provided, no experience necessary. Limited tickets available.

Utica: March 25 • W • 6 p.m. • WH225
General: **\$35** Employees: **\$30**



Her Mixture, 2024, 16 x 8, oil on canvas

ART EXHIBIT Overindulgence Paintings by Emma Gregory

Through imagery of destroyed cakes and pastries, this series of paintings by Adjunct Instructor and MVCC alum Emma Gregory '21 explores expectations in relation to femininity, appearance, and performance.

Utica: March 26 • Th. • 1 p.m. • Juergensen Gallery, WH

\$ MVCC Theater Arts Production: Ride the Cyclone

Get ready for a darkly hilarious and heart-stirring ride! When six teens from the Saint Cassian Chamber Choir meet an untimely end on a roller coaster, they're given one last chance to sing for their salvation. Blending wit, humor, and haunting music, *Ride the Cyclone* takes audiences on a thrilling journey through life, death, and the power of finding your voice. All proceeds benefit the MVCC School of Art Scholarship Fund.

Utica: Schafer Theater, WH
① March 26 • Th. • 7 p.m.
② March 27 • F • 7 p.m.
③ March 28 • Sa. • 2:30 p.m.
General: **\$10**

STEM Fest

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

Utica: March 28 • Sa. • 9:30 a.m.-1:30 p.m. • Lobby, WH

PERFORMANCE Arabic Drumming

Experience the captivating rhythms of the tabla in this Arabic drum performance with Michael Paratore, where ancient traditions of the sinek come alive through powerful beats and expressive movement. The audience becomes part of the energy, joining in lively moments of rhythm, dance, and connection.


Utica: March 31 • T • 2:30 p.m. • ACC116

APRIL

WORKSHOP \$ Spring Door Wreaths


w/ Thirsty Painters

Create your own wreath and unleash your creative side! All materials provided; no experience necessary. Limited tickets available.

 **Utica:** April 2 • Th. • 6 p.m. • WH225
General: **\$25** Employees: **\$20**


National Board Game Day

Celebrate National Board Game Day with us and explore games from around the world. From seasoned players to beginners, everyone is welcome to learn, play, and discover international favorites.

 **Utica:** April 10 • F • 1-3 p.m. • ACC116

Faculty/Staff Poetry Reading

This annual poetry reading recognizes the spoken word talents of MVCC faculty and staff members (as well as former faculty and staff).


 **Utica:** April 14 • T • 6 p.m. • ACC116



WORKSHOP \$ Photogram


w/ Todd Behrendt

Learn about the photogram process and then make one of your own!

 **Utica:** April 16 • Th. • 4:30 p.m. • AB273
General: **\$10**

Mandala of Compassion

Over a series of four days, the Venerable Tenzin Yignyen will create a sand mandala based on the theme of compassion. He is a Professor of Tibetan Buddhist Studies at Hobart William Smith Colleges and was ordained by the Dalai Lama. The dismantling ceremony will take place at 10 a.m. on April 17.

 **Utica:** April 13-16 • M-Th. • 9-11 a.m. & 1:30-4 p.m. PH Library


Mandala of Compassion Dismantling Ceremony

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

 **Utica:** April 17 • F • 10 a.m. • PH Library


\$ International Tasting Lunch

Join the MVCC Hospitality Program for an exceptional culinary experience showcasing the vibrant flavors of Caribbean and African cuisines. During this seated tasting event, hospitality students will thoughtfully present each dish, highlighting its cultural roots and significance. Limited tickets available.

 **Rome:** April 23 • Th. • 1 p.m. • PC Dining Hall
General: **\$25** Employees: **\$20**

Taka-Con


The Anime Club's annual convention showcases vendors, artists, lectures, games and contests on various aspects of pop culture, including anime, gaming, comics, and cosplay. To vend or host a panel, please email mbartlett@mvcc.edu.

 **Utica:** April 25 • Sa. • 10 a.m.-7 p.m.
WH Lobbies and ACC Commons

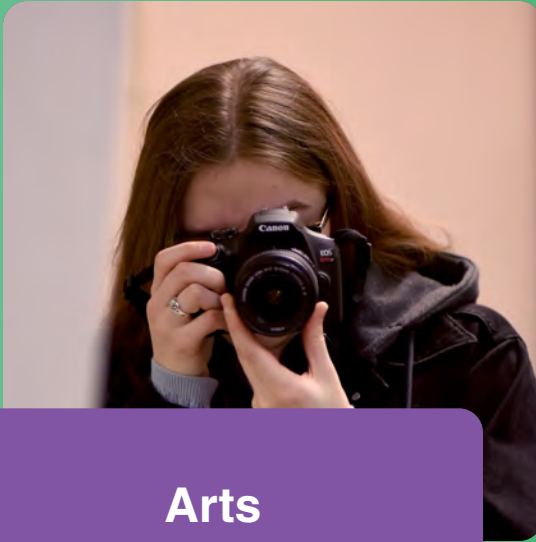


Touch-A-Truck

A family-friendly event where kids of all ages can explore local emergency, construction, and community vehicles and learn about the important work our local heroes do every day. Rain date April 30.

 **Rome:** April 28 • T • 4-6 p.m. • Parking Lot

ACADEMIC PROGRAMS



Arts



Business & Hospitality



Health Sciences



Humanities



Public & Human Services



STEM

Pathways to Success

Not every journey looks the same — and that's a good thing.

Whether you're starting later in life, changing careers, or balancing school with other responsibilities, your path is just as valid. This approach celebrates personal goals and unique timelines, showing that success isn't about following a rigid formula — it's about moving forward with purpose, no matter where you begin. ***Find your path today at MVCC.***

Stackable Credentials

Microcredentials at MVCC let you build your skills step by step. Each credential is a short, focused learning experience that adds real value to your resume and can be **combined over time** to earn certificates or degrees. It's a flexible way to **upskill and grow your expertise**, whether you're starting fresh, advancing in your field, or exploring a new one.



3-6 months



Career Upskill



Childhood Education Microcredential



Phlebotomy Certificate

Certificate Programs

Certificate programs at MVCC offer a fast, focused way to build in-demand skills without the long-term commitment of a full degree. They're ideal for **upskilling, changing careers**, or **enhancing your resume** with practical knowledge employers are looking for. Whether you're new to the field or already working, these certificates help you stay competitive and confident, giving you the flexibility to grow on your own terms.



~1 year



Career Upskill / Transition



Career Degrees

Career degrees at MVCC are designed with your future in mind. These programs combine hands-on training with real-world knowledge, so you graduate ready to step **directly into the workforce**. Whether you're aiming for a high-demand role in the trades, healthcare, or tech, our degrees are built to match industry needs, helping you move from classroom to career with confidence.



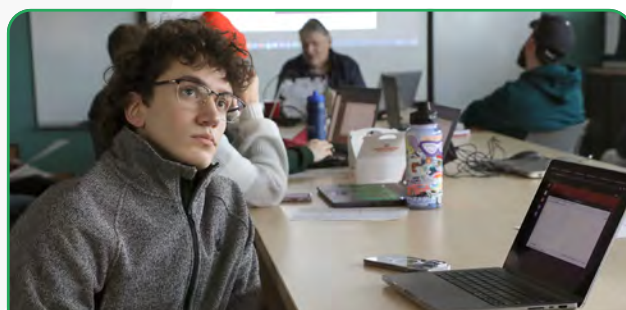
~2 years



Enter the Workforce



Electrical Service Technician AOS



Computer Applications Programming AAS

Transfer Degrees

Transfer degrees at MVCC give you a smart, affordable start toward a bachelor's degree. These programs are designed to match the first two years of a four-year college, making it **easy to transfer credits** and **continue your education** without losing time or money. You'll build a strong academic foundation while exploring your interests, setting you up for success wherever you go next.



~2 years



Prepare for 4-year Degree

AREAS OF STUDY

TYPES OF ASSOCIATE DEGREES

AS: Associate in Science, to transfer to a four-year college.

AA: Associate in Arts, to transfer to a four-year college.

AAS: Associate in Applied Science, to enter the workforce or transfer.

AOS: Associate in Occupational Studies, to enter the workforce.

Certificate: To train for technical or skills-based jobs or career advancement.

ART

Digital Media & Marketing **AS**
Fashion Design **AAS**
Fine Arts **AS**
Game Art **AAS**
Graphic Design **AAS**
Illustration **AAS**
Motion Media **AAS**
Photography **AAS**
Theater Arts **AS**
Video Production **AS**

BUSINESS AND HOSPITALITY

BUSINESS

Accounting **AAS**
Business Administration **AAS** and **AS**
Business Analytics **AS**
Data Analytics **Certificate**
Entrepreneurship **Certificate**
Finance **Certificate**
Sports Management **AS**

HOSPITALITY

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

HUMANITIES

English for Speakers of Other Languages
Certificate
Liberal Arts & Sciences:
General Studies **AS**
Liberal Arts & Sciences:
Humanities & Social Sciences **AA**

PUBLIC AND HUMAN SERVICES

Chemical Dependency Practitioner **AAS**
Coaching **Certificate**
Criminal Justice **AAS** and **AS**
Criminal Justice: Law Enforcement **AAS**
and **Certificate**
EMS/Paramedic **AAS**
Fire Protection Technology **AAS**
Human Services **AAS**
Liberal Arts & Sciences:
Psychology **AS**
Liberal Arts & Sciences:
Mathematics & Science **AS**
(Physical Education Transfer Advising Guide)
Recreation & Leisure Services **AAS**

EDUCATION

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

HEALTH SCIENCES

Health Information Technology **AAS**
Health Sciences **AS**
Nursing **AAS**
Nutrition & Dietetics **AS**
Radiologic Technology **AAS**
Respiratory Care **AAS**
Surgical Technology **AAS**

(STEM) SCIENCE, TECHNOLOGY, ENGINEERING & MATHEMATICS

CAREER

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

TRANSFER

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

MVCC student outcomes, financial aid, debt, employment, and more: mvcc.edu/consumer

WHY MVCC?

FOUNDED IN
1946

2 CONVENIENT
CAMPUS LOCATIONS
IN UTICA AND ROME, NY

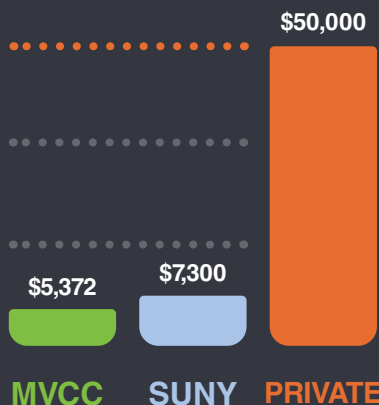
5 RESIDENCE HALLS
WITH BUILT-IN ACADEMIC
SUPPORT



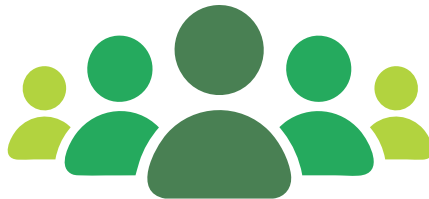
40+
STUDENT CLUBS AND
ORGANIZATIONS

\$5,372

AVERAGE TUITION COST



5,700+
STUDENTS



26
COUNTRIES
REPRESENTED

90+

PROGRAM
OPTIONS



140
UNIQUE
SCHOLARSHIPS
OFFERED



18:1
STUDENT-
FACULTY RATIO

170+
TRANSFER
AGREEMENTS



WITH 4-YEAR COLLEGES
AND UNIVERSITIES



17
INTERCOLLEGIATE
SPORTS

41%

FULL-TIME
STUDENTS

94%

COMMUTER
STUDENTS

70%

MATRICULATED
STUDENTS
RECEIVE FINANCIAL AID



MOHAWK VALLEY COMMUNITY COLLEGE
1101 SHERMAN DRIVE
UTICA, NY 13501

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

“Being at MVCC was a blessing because it was affordable. And it allowed me to stay home, save money, work, and get a good education.”

— Julius Blackshear Jr. —
Owner, Visionary Vending



“As a first-generation college student, I didn't really have anyone to help me guide through the college process, but from the very first place to starting classes, everyone was very welcoming and supportive.”

— Mya Kyaw —
Academic Advisor, SUNY Polytechnic Institute



“MVCC helped me gain technical skills, confidence, and critical thinking, that I use every day in my career – more than just preparing me for a job, but for a future in a growing and sustainable industry.”

— Memphis Brannum —
Designer, Andela Products

