

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

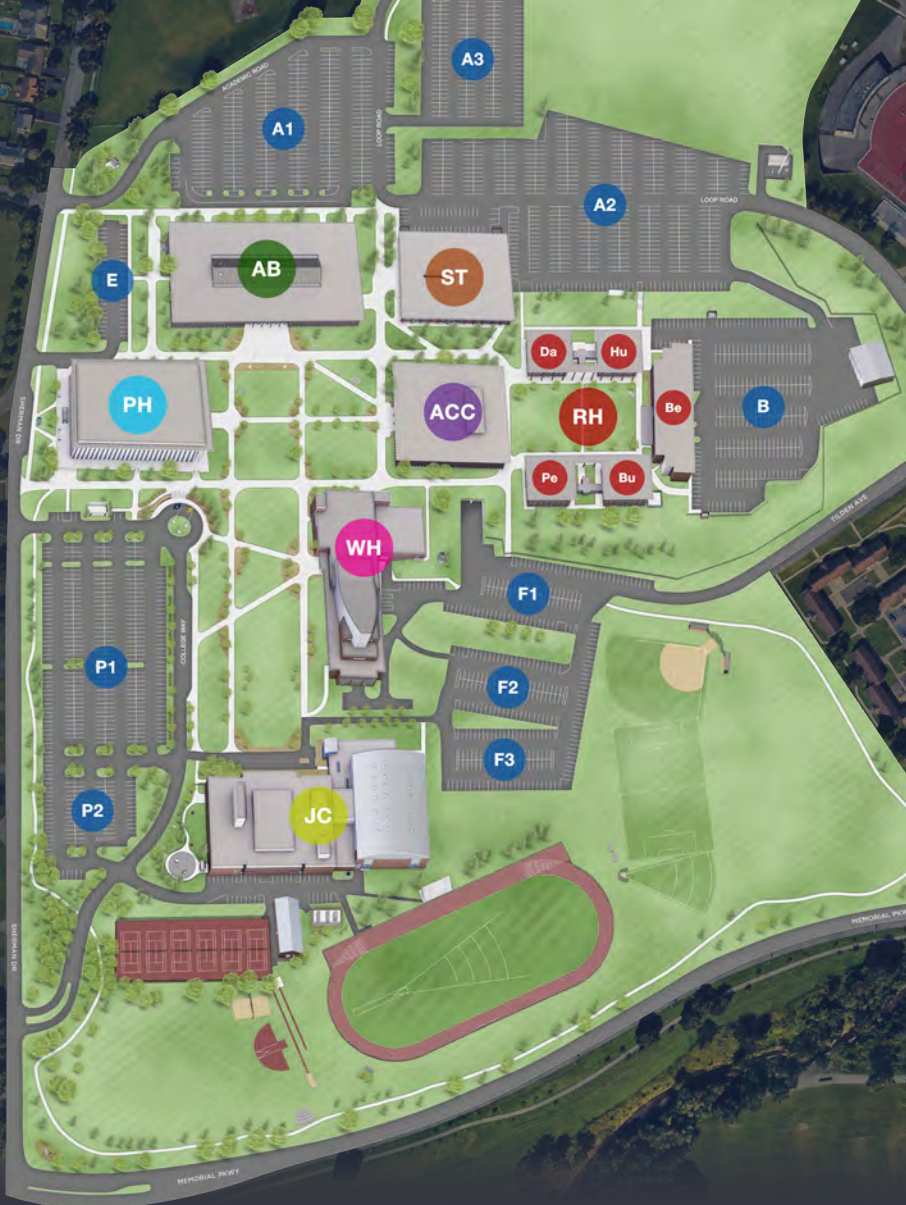
- Field House
- Fitness Center
- Pool

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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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

Discover something new this fall with our Community Education programs!

From Floating Sound Bath sessions to German language, AI Basics, and College Essay Writing workshops, there's something for everyone. Explore health and wellness, career readiness, professional development, and leisure learning — online or on campus. Don't miss our free FastTrack trainings, designed to quickly build in-demand job skills and boost your career confidence. Browse our catalog and join us for engaging, affordable learning this season!

Professional Certificates

PG. 4

Artificial Intelligence Series

PG. 10

Salsa Dance


PG. 10


The logo for the FastTrack Career Program. It features a stylized green and yellow icon of a person running, followed by the text "FastTrack" in a large, bold, green font, and "Career Program" in a smaller, black font below it.

PG. 18

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

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

This eight-hour course is required by law 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.

Instructors: John Bielby, Rick D'Alessandro

Rome Oct. 15, 16 • W, Th. • 12:30-4:30 p.m.

Utica Nov. 4, 6 • T, Th. • 6-10 p.m. **FREE!**

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

This 16-hour 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: Rick D'Alessandro

Utica Nov. 11-20 • T, Th. • 6-10 p.m. **FREE!**

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

This eight-hour course must be completed within 12 months of completing the Eight-Hour Pre-Assignment Course for Security Guards and annually thereafter. It provides updated and enhanced information on security guard duties and responsibilities.

Instructors: Joe Ciccone, John Bielby

Utica Oct. 14, 16 • T, Th. • 5-9 p.m.

Rome Nov. 12, 13 • W, Th. • 12:30-4:30 p.m. \$70

SAVE School Violence Prevention

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

Instructors: John Bielby, Rick D'Alessandro

Utica Oct. 7 • T • 6-8 p.m.

Rome Nov. 20 • Th. • 10 a.m.-Noon \$30

Child Abuse Recognition

The New York State Education Department requires healthcare, educational, and other licensed professionals to be trained to identify and report child abuse.

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

Instructors: John Bielby, Rick D'Alessandro

Utica Oct. 8 • W • 6-9 p.m.

Rome Nov. 20 • Th. • 1-4 p.m. \$40

Dignity for All Students (DASA)

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

Instructors: John Wells & Dr. Steven Grimm

Utica Oct. 11 • Sa. • 9 a.m.-3 p.m.

Online Live Nov. 22 • Sa. • 9 a.m.-3 p.m. \$100

Notary Public Test Prep

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

Instructor: Gloria Karol

Utica Nov. 10, 12 • M, W • 5:30-7:30 p.m.

Utica Dec. 8, 10 • M, W • 5:30-7:30 p.m. \$60



NYS 77-Hour Real Estate Salesperson Pre-Licensing Course

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

Instructor: Ron Cerminaro

Utica Sept. 8-Nov. 6 • M, T, Th.

5:30-8:30 p.m. \$550

More options offered through our partner The CE Shop

mvcc.theceshop.com

Online Certificates

Course Dates:

- 1 Course: Sept. 2-26
- 2 Course: Oct. 6-31
- 3 Course: Nov. 3-28

Certificate in Data Analysis

Gain a basic understanding of how to analyze data in a business setting and learn how many of your business decisions involve comparing differences. Learn how to perform data inquiries as well as the skills necessary to communicate these 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

Develop expertise in database administration and data analysis. Explore relational database structures and the history and uses of Structured Query Language. Learn how to create a database, add records to tables, use queries to extract data from those tables, and develop powerful queries that perform complicated searches and sorts on your data.

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 that you can install for free. Add user-friendly features to enhance your reports and analyze your 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

Mastering Computer Skills for the Workplace

The Microsoft Office suite of applications is the most used software tool in the world. This class 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



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 to organize, display, and calculate data into useful information. Dive deeper and explore a variety of Excel's most powerful analytical features.

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

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.

Instructors: Marcus Lander

- 1 Course: QuickBooks Online Level 1
- 2 Course: QuickBooks Online Level 2

Online Asynchronous Single: \$195 • All: \$395

Bookkeeping Certificate

Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this 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 & Credits
- 2 Course: General Ledger & Month-End Procedures
- 3 Course: Closing Procedures & 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 • Oct. 6-31 \$195

AI Certificate

Give your organization a competitive advantage with Artificial Intelligence (AI) and position yourself to lead them into this 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, Marcus Lander

1 **Course:** AI Planning and Strategizing

2 **Course:** Intermediate AI

3 **Course:** Introduction to ChatGPT

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

Graphic Design Software Essentials Certificate


Master Adobe software tools — the gold standard in graphic design. Illustrator lets you create custom 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 everything from simple flyers to complex multi-page layouts like 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

Certificate in Web Design

Discover the basics of web design using HTML and CSS — no prior knowledge required! Learn how to design effective webpages 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

Diversity, Equity, and Inclusion in the Workplace

This program focuses on improving cultural competence and encourages continuous learning to enhance understanding of DEI. To improve diversity, achieve equity, and foster inclusion, one must be intentional, consistent, and courageous.

 **Instructors:** Jermaine Dykes, Travette Webster

1 **Course:** What is DEI?

2 **Course:** Inclusive Communication

3 **Course:** DEI and Organizational Success

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

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., Jermaine Dykes, 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

Mastering Video Marketing Certificate

Shoppers who viewed product videos were 144% more likely to add the product to their cart, and videos with good SEO have a 53% higher chance of showing up on the first page of Google search results. Good videos tell a story to connect people.

 **Instructor:** Rob Lee

1 **Course:** Video Marketing

2 **Course:** YouTube for Business

 **Online Asynchronous** Single: \$245 • All: \$395

Certificate in Marketing

Discover new and advanced best practices in integrated marketing, the field that aligns print and digital marketing for even greater success. Learn advanced marketing concepts and principles, gain an understanding of how digital and print marketing complement each other, and find out how to integrate both for greater overall effectiveness.

 **Instructor:** William Draves

1 **Course:** Advanced Marketing Concepts

2 **Course:** Writing Marketing Copy

3 **Course:** Integrated Marketing Best Practices

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

Digital Marketing Certificate

This program provides the keys to eMarketing success for all organizations and levels of experience. Gain the skills for improving email promotions, analyzing website traffic, enhancing search engine optimization, and advertising successfully online. No digital marketing experience or expertise is necessary! Already at an advanced level? Your instructor can provide the latest, most advanced information and answer your toughest questions.

 **Instructor:** Susan Hurrell

1 Course: Improving Email Promotions

2 Course: Boosting Your Website Traffic

3 Course: Online Advertising

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

Certificate in Online Teaching

Learn the fundamentals of teaching online — including course development and improvement, fostering online discussion and student interaction, and traditional assessment and online tests. Instructors will share the most advanced tips and techniques in the business.

 **Instructors:** Mary Dereshiwsky, William Draves, Dionne Felix

1 Course: Advanced Teaching Online

2 Course: Designing Online Instruction

3 Course: Fostering Online Discussion

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

Certificate in Workplace Communication


Learn critical workplace communication skills and techniques you can put to use on Monday morning. Discover a workable conflict management model and practical strategies, work to improve your negotiation skills for a win-win outcome, and learn more about yourself and others using personality profiles for better work performance.

 **Instructors:** Sally Klauss, Rodney Holt

1 Course: Conflict Management \$245

2 Course: Collaborative Management \$195

3 Course: Using Personality Profiles for Better Work Performance \$295

 **Online Asynchronous** All Courses: \$595

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. These courses provide the knowledge and voluntary skills necessary for do-it-yourselfers who want to learn to do it safely. Renovation firms must have at least one certified renovator who has completed training and obtained a firm certification from the EPA at a cost of \$300. MVCC is offering these courses in partnership with the Oneida County Health Department and Environmental Education Associates (EEA). These courses are accredited by the EPA and fulfill the requirements for lead-safe training. EEA is a USEPA TSCA 402 accredited training provider.


Lead Renovator Certification

This eight-hour initial certification course is required for any renovator 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 will be provided.

 **Instructor:** Gene Allen

1 Option: Oct. 3 • F • 8:15 a.m.-5:15 p.m.

2 Option: Nov. 7 • F • 8:15 a.m.-5:15 p.m.


 **MVCC Carpentry & Masonry** \$175



Paralegal Certificate

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

 **Online Asynchronous:** Oct. 20, 2025-Feb. 27, 2026

 **Online Live:** M, W, 6-9 p.m. • Sa., 8:30 a.m.-1 p.m.
Sept. 22-Nov. 15 \$2,095

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**

Oct. 20-Dec. 5 \$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

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** 9:30 a.m.-2 p.m.


 **Option:** Nov. 17 • M

 **Option:** Nov. 18 • T

\$55

Barrier Precautions/Infection Control

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

 **Instructor:** Tammy Johnston

 **Online Self-Paced**

\$50

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 Ed.

 **Instructor:** Cristina Sempé


 **Online Asynchronous** Sept. 2-Oct. 31

\$290

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. Cost includes certification card fee.

 **Instructor:** Karen Murphy

 **Utica** 9:30 a.m.-2 p.m.


 **Option:** Nov. 19 • W


 **Option:** Nov. 20 • T

\$77


New York State High School Coaching Certification

NYS interschool coaches must meet a minimum standard 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 teams of public schools. Learn about athletic first aid and training/conditioning principles, the basic philosophy of coaching, and different methods of coaching and team management. Classes are self-paced and can be started at any time. Purchasing or renting the textbook is required: "Concepts of Athletic Training," Ronald P. Pfeiffer and Brent C. Mangus, 7th Ed.

 **Instructor:** Matt St. Croix

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

 **Instructor:** Matt St. Croix

 **Course:** Theory and Techniques of Coaching

 **Instructor:** Jen Krohn

 **Course:** Health Science Applied to Coaching

 **Online Self-Paced**

Single: \$150



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

Medical Billing and Coding Certificate

Learn about legal, ethical, and regulatory concepts central to the field, including HIPAA compliance, coding guidelines, and third-party payer requirements. At the end of the course, you'll receive a certificate of completion and be able to choose a voucher for the professional certification that best aligns with your interests and career goals. All materials are covered by course fee.

 **Online Self-Paced**

\$3,295

Enroll through our partner Ed2Go

careertraining.ed2go.com/mvcc

Course ID: GES1014

Health & Wellness



Shallow Water Tabata **NEW**

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 that leave you feeling energized and strong. 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
Utica Sept. 9-Nov. 11 • T • 5-6 p.m. \$105

Deep Water HIIT Tabata **NEW**

A high-intensity interval training workout; using a flotation belt for support, you'll alternate 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 long 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
Utica Sept. 9-Nov. 11 • T • 6-7 p.m. \$105

Balance, Strength, and Flexibility

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

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Online Live Sept. 16-Dec. 4 • T, Th. • 4:30-5:15 p.m.
 No class Nov. 27 \$95

Functional Focus on Fitness

This high-impact bootcamp focuses on functional fitness, core strength, and cardio. All levels welcome — the course is customized around participants' goals and/or fitness levels.

Instructor: Jason Hill
Utica Sept. 18-Nov. 20 • 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.

Instructor: Jason Hill
Utica Sept. 18-Nov. 20 • Th. • 5-5:45 p.m. \$70

Mindful Movement Yoga

When we mindfully move through our practice, we learn what areas of our body need extra attention. This yoga practice will help reduce stress, increase mobility and flexibility, and find balance in mind and body while creating length, space, and awareness in muscles and joints. All levels welcome. Props are encouraged (blocks, straps, pillows, and/or blankets).

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Online Live Sept. 15-Dec. 1 • M • 5:30-6:30 p.m.
 No class Nov. 27 \$65

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 items listed above, as well as a mat and water.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Online Live Sept. 17-Dec. 4 • T, Th. • 5:30-6:30 p.m.
 No class Nov. 27 \$110

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
Utica Sept. 15-Nov. 17 • M • 5-6 p.m. \$65

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. All fitness levels welcome; dress to exercise and bring a water bottle.

Instructor: Kathy Bateman
Utica Sept. 16-Nov. 18 • T • 5:30-6:30 p.m. \$65



Yoga Balance

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

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Online Live Sept. 18-Dec. 3 • W • 5:30-6:30 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 feel free to bring a yoga mat.

 **Instructor:** Kathy Bateman
 **Utica** Sept. 17-Nov. 19 • W • 5-6 p.m. \$65

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 will be required as your muscles work to obtain balance on the mat. Swimming ability is required.



 **Instructor:** Michael Calogero
 **Utica** F • 6-7 p.m.
 ① **Option:** Sept. 12-Oct. 10
 ② **Option:** Oct. 17-Nov. 14 \$65

Holistic Wellness





Floating Sound Bath **NEW**

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.

 **Instructor:** Andrea Lisette Villiere
 Certified Sound Healing Practitioner
 **Utica** Su. • 3-4 p.m.
 ① **Option:** Sept. 14
 ② **Option:** Oct. 5
 ③ **Option:** Nov. 2 \$90



Reiki Training: Level 1

Learn about the history of Reiki as a healing modality and tool for enlightenment. Explore how Reiki works and begin practicing using this amazing energy with yourself.

 **Instructors:** Ashleigh Frank, Lynn Brooks
 **Utica** Sept. 23-Oct. 14 • T • 5-6 p.m. \$70



Awakening Within: A Journey of Mindfulness and Meditation

Embark on a transformative journey of self-discovery through the practice of mindfulness and meditation. Explore the foundations of meditation, including benefits, techniques, and practical applications, to enhance your well-being and cultivate inner peace.

 **Instructor:** Pilar Lombana
 **Utica** Oct. 7-Nov. 25 • T • 6-7 p.m. \$90




The Freedom of Letting Go: Healthy Mind, Healthy Body **NEW**

Explore how accumulated negative feelings affect well-being and discover the practice of letting go. Based on the teachings of Dr. David R. Hawkins, this course invites you to journey inward and unburden yourself emotionally, ultimately raising your level of consciousness.






 **Instructor:** Pilar Lombana
 **Utica** Oct. 9-Dec. 4 • Th. • 6-7 p.m.
 No class Nov. 27 \$90

Become a Sponsor for MVConnect Community Education!

With your sponsorship, you will receive:

-  Your company's name and logo in MVConnect brochure (Over 60,000 households reached)
-  Your company's name and logo on MVConnect 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


Leisure Learning

Artificial Intelligence (AI) Basics **NEW**

Curious about artificial intelligence but not sure where to start? These beginner-friendly workshops break down what AI is, how it works, and the ways it's already part of daily life — from smart devices to online tools. No technical background needed. Take one course or mix and match based on your interests.

 **Instructor:** Nawrose Nur


- 1 Option:** Sept. 16 What is AI and Why is Everyone Talking About It?
- 2 Option:** Sept. 23 AI In Your Pocket: Everyday Tools That Save You Time
- 3 Option:** Sept. 30 Write Better and Faster with AI
- 4 Option:** Oct. 7 AI Myths, Truths, and What It Means for You

 **Utica** T • 6-8 p.m. \$20

Introduction to AI: Understanding the Technology Shaping Our Future


This course demystifies artificial intelligence and explores how it's reshaping life, work, and society. Learn the basics of AI, including machine learning and tools like ChatGPT and image generators. Explore real-world uses, ethical concerns, and how to make informed decisions about AI in your personal and professional life. No technical background required.


 **Instructor:** Nawrose Nur

 **Utica** Sept. 24-Oct. 15 • W • 6-8 p.m. \$100

AI for Everyday Productivity: Tools and Techniques for Work and Life **NEW**

Discover how AI can help you save time, get organized, and boost creativity. This practical course introduces user-friendly AI tools for writing, research, scheduling, brainstorming, and more. Build your own AI-assisted system for work, school, or home. No experience needed.



 **Instructor:** Nawrose Nur

 **Utica** Oct. 22-Nov. 12 • W • 6-8 p.m. \$100

Computer Basics

Build your confidence with technology in this beginner-friendly course, the perfect way to brush up on the basics of using computers and smartphones. The class will include opportunities to ask your technology questions.


 **Instructor:** Shawn Essafi

 **Utica** Sept. 20 • Sa. • 9 a.m.-Noon
 **Rome** Oct. 24 • F • 9 a.m.-Noon \$40

Beginner Social Ballroom Dance


Step onto the dance floor with confidence with this beginner-friendly class. Start with the basics of Salsa and NightClub Two Step — styles that are easy to learn and perfect for social events. Build on foundational moves with advanced turns, proper footwork, and arm styling through basic routines. No partner required.


 **Instructors:** Liliana Piplica and Wayne Turkowski

 **Utica** Sept. 22-Nov. 10 • M • 6:30-8:30 p.m. \$75

Intermediate Social Ballroom Dance

Take your ballroom dance skills to the next level with this class, perfect for dancers who are ready to progress beyond the fundamentals. Focusing on the Waltz (a smooth, graceful dance) and Rumba (a rhythmic, Latin dance) this class offers structured drills and guided exercises to refine technique, improve musicality, and enhance partner connection. Gain essential tools for independent practice, helping you build confidence and polish movements. No partner required.


 **Instructors:** Liliana Piplica and Marty Comstock

 **Utica** Sept. 24-Nov. 12 • W • 6:30-8:30 p.m. \$75

Salsa Dancing: Salsa On1 **NEW**

Celebrate Hispanic Heritage Month with the vibrant and joyful energy of Salsa. This class offers a fun introduction to the music, culture, and movement of Salsa dance. Led by visiting instructor Jair Chará, an international dance master of more than 15 Latin rhythms, this unique experience comes to CNY in partnership with the Secretary of Culture of Cali, Colombia. No partner required. **Ages 16+.**


 **Instructors:** Hilda M. Jordan and Jair Chará

 **Utica** Sept. 16-25 • T, Th. • 6-7:30 p.m. \$75

Advanced Salsa Dancing: Salsa Caleña **NEW**

This class provides an exciting introduction to Salsa Caleña, an advanced and fast-paced style of Salsa founded in Cali, Colombia — the Salsa capital of the world. This course also will be led by visiting instructor and international dance master Jair Chará. No partner required. **Ages 16+.**

 **Instructors:** Hilda M. Jordan and Jair Chará

 **Utica** Oct. 7-16 • T, Th. • 6-7:30 p.m. \$75

How to Travel Free & Make Money Traveling

Turn your love of travel into a source of income as a tour guide or director with this online course. Learn how to design your own tours, negotiate group discounts, and successfully promote them to friends, family, or the public. Explore the qualifications needed to be a tour guide and tips for landing a job. Cost includes the digital book, "Get Paid to be a Tour Guide & Travel Free" (retail value \$39.95.)


 **Instructor:** Gina Henry

 **Online Live** Oct. 4 • Sa. • Noon-3 p.m. **\$50**

Special Ed Parents as Partners: Navigating the IEP Process **NEW**


Join fellow parents and caregivers of K-12 students with special needs for a supportive and empowering workshop. Learn to navigate the IEP process, communicate effectively with schools, and advocate confidently for your child's success. Gain resources, strategies, and a sense of community, helping you feel informed and connected.


 **Instructor:** Cara Berry

 **Utica** Sept. 20 • Sa. • 9 a.m.-Noon **\$30**

Wild Edibles Walking Tour: Autumn Edition


Through a series of guided nature walks, you will learn to identify nutritious wild foods gathered from Mother Nature's gardens. Learn about what nature has to offer during the fall. Classes will take place in a variety of nearby destinations. Please bring a notebook and pencil.


 **Instructor:** Natalie Levin

 **Various Locations**
Sept. 8-29 • M • 5:30-7:30 p.m. **\$80**

Concert Band


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

 **Instructor:** Barb Seaton


 **Utica** Sept. 3-Dec. 17 • W • 7-9 p.m.
No class Nov. 26 **\$30**

Basic Home Repair

Learn how to confidently tackle minor home repairs in this hands-on course, which provides information and advice on what tools are needed and how to fix common household items inside and outside your living space. Each session will focus on a different topic.

 **Instructor:** Donald Trad

- ① Topic: Sept. 20 • Plumbing
- ② Topic: Oct. 11 • Electricity

 **MVCC Carpentry & Masonry**
Sa. • 9 a.m.-Noon **\$60**

Mystery Shopping: Get Paid to SHOP!

Get paid to shop at local stores and complete online shopping assignments from home. This class will teach you how to spot and avoid scams, connect with reputable companies, and maximize your earnings. Get contact information for the top 100 mystery shopping companies. Cost includes the instructor's ebook (retail value \$39.95).


 **Instructor:** Gina Henry

 **Online Live** Nov. 8 • Sa. • Noon-3 p.m. **\$50**

College Essay Writing Workshop **NEW**

Get a head start on your college applications with this interactive workshop — perfect for high school juniors and seniors. Learn how to stand out to admissions officers, brainstorm ideas, and leave with tips for writing a strong, authentic personal essay.

 **Instructor:** Cara Berry


 **Utica** Sept. 17-Oct. 22 • W • 7-9 p.m. **\$120**


Language & Culture

Conversational Italian for Travel **NEW**

Prepare for your trip to Italy by learning to communicate with confidence using practical, everyday Italian.


This class includes cultural notes to help you better understand the Italian way of life. Textbook required: "Rick Steves Italian Phrase Book and Dictionary."

 **Instructor:** Lisa Ricci


 **Utica** Oct. 1-Nov. 19 • W • 6-7:30 p.m. **\$100**

Conversational Spanish for Beginners

Practice the building blocks of the Spanish 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** Sept. 2-Oct. 31 **\$290**

 **Utica** Oct. 7-Dec. 2 • T • 6-8 p.m.
(no class Nov. 25) **\$100**

Introduction to German **NEW**


Explore the beauty of German language and culture in this beginner-friendly class. Learn basic vocabulary, common phrases, simple grammar, and conversational skills to build confidence in everyday situations. No experience required.


 **Instructor:** Chris Bygonaise

 **Utica** Sept. 25-Nov. 13 • Th. • 6-8 p.m. **\$100**

Beginning French Language

Learn the fundamentals of the French language and how to communicate basic information about yourself. French culture and history also will be covered.

 **Instructor:** Wayne Seifried

 **Utica** Oct. 1-Nov. 19 • W • 6-8 p.m. **\$100**

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:** Sept. 13

② **Option:** Oct. 11

③ **Option:** Nov. 15


 **Utica** Sa. • 9 a.m.-4 p.m.

\$40

Confrontation Management Clinic

This Failsafe Method clinic will cover methods you can use to avoid, manage, and survive potentially violent encounters. It will include a strong focus on behavioral and verbal skills often overlooked but highly effective in improving your confidence and competence when dealing with confrontations in your everyday life. No experience is required. **Ages 12+.**

 **Instructor:** Tom Arcuri

 **Utica** Nov. 7 • F • 6-8 p.m.

\$35

Women's Self-Defense

This clinic covers the most common scenarios women face, focusing on highly effective methods to avoid, manage, and survive physical encounters. The class is presented in a fun and empowering way. All female teens and women are welcome. No experience required.

 **Instructor:** Tom Arcuri

 **Utica** Oct. 24 • F • 6-8 p.m.

\$35

General Self-Defense for Teens and Adults

This course will cover common scenarios a law-abiding citizen may face in everyday life, providing highly effective and efficient methods to avoid, manage, and survive potentially violent encounters. No experience required.

Ages 13+.

 **Instructor:** Tom Arcuri

 **Utica** Oct. 17 • F • 6-8 p.m.

\$35

Senior Self-Defense

This course covers the most common scenarios senior citizens may face and provides highly effective methods to avoid, manage, and survive potentially violent encounters. No experience required. **Ages 55+.**

 **Instructor:** Tom Arcuri


 **Utica** Sept. 26 • F • 5-7 p.m.


\$35

College for Kids and Teens

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** Sa., Su. • Oct. 11, 12

① **Option:** 9 a.m.-12:30 p.m.

② **Option:** 1-4:30 p.m.

\$90

Robot Riot! FIRST LEGO League CHALLENGE

Apply science, engineering, and computer science skills to build and code robots and mechanisms while developing skills in critical thinking, team building, and STEM. Bring lunch and a drink. **Ages 9-13.**

 **Instructor:** Corrine Bush


 **Utica** Sa. • Oct. 19


9 a.m.-4:30 p.m.


\$90




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



Honoring a Legacy of Leadership

MVCC to Celebrate the Life of Sandy Cummings

Sandy Cummings — beloved MVCC alumna and employee — was a positive force in the lives of countless students throughout her long career in Student Engagement at Mohawk Valley Community College.

For **38 years**, Sandy poured her heart into MVCC, focusing on enhancing the student experience and creating opportunities for meaningful engagement and leadership development. Whether working alongside Student Congress leaders to amplify student voices or guiding the Student Leadership Academy and numerous clubs, Sandy believed deeply in empowering students to lead with confidence and purpose.

This October, the College community will come together to celebrate the extraordinary life and enduring impact of Sandy, who passed away in January. **Living on a Legacy: The Sandy Cummings Memorial Leadership Benefit** will be held at **6 p.m.**

Tuesday, Oct. 28, 2025, at MVCC's Utica Campus.

Admission is \$20, with proceeds supporting the MVCC Foundation's Sandy Cummings Student Engagement Scholarship. The long-term goal is to build an endowed fund to ensure her spirit of engagement and mentorship continues to inspire generations to come.

The scholarship, established by Sandy's family, friends, alumni, and colleagues, will be awarded to students who exemplify the qualities she valued most: outstanding leadership, campus involvement, and a commitment to making a positive impact. The scholarship celebrates Sandy's passion for student success, as well as her famous phrase:

"Early is on time, on time is late, and late is unacceptable."

This special evening will honor Sandy's memory while supporting a cause she believed in deeply: empowering students to lead and succeed. It promises to be a lively, heartfelt celebration infused with her love of Bon Jovi.

Highlights include:

- 🎸 Live music by Bon Giovi, a Bon Jovi tribute band from Syracuse, N.Y. at 7 p.m.
- 📸 A themed photo booth with '80s rock props and Sandy-inspired quotes
- 🍹 A signature mocktail lounge featuring non-alcoholic drinks inspired by Bon Jovi, like "Livin' on a Pear"
- 🎁 Additional activities, raffles, and more



For more information about the event, contact the MVCC Events Office at 315-731-5721 or boxoffice@mvcc.edu.

To make a donation to the Sandy Cummings Student Engagement Scholarship Fund, contact the MVCC Foundation at 315-792-5555.

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

☐ Credit Card ☐ Check ☐ Money Order

☐ Visa ☐ Discover ☐ MasterCard

Name on Card (print)

Signature

Credit Card Number Exp. Date CVV

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, technology, 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, lectures, 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!*



MVILR
Mohawk Valley Institute for Learning in Retirement

• **Senior Self-Defense** PG. 12

• **Yoga Balance** PG. 8

• **Computer Basics** PG. 10

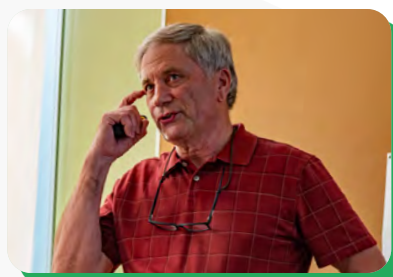
• **Get Acquainted With Your iPhone**

• **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"

Get 12% off by registering with
mohawkvcc@examfx.com
as your Manager's email address

examfx.com

Online Learning

anytime, anywhere... just a click away!



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 Career Exploration: Choose one path

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.

 **Utica** M-Th. • 9 a.m.-2 p.m.

① **Option:** Sept. 15-18

② **Option:** Oct. 20-23

Childhood/Adolescent Education Phase 1

The Phase 1 microcredential in Childhood/Adolescent Education consists of a designated sequence of three-credit courses designed for current and future teaching assistants who are interested in advancing across the three Teaching Assistant Levels designated by New York State. High school diploma or equivalency is required. Phase 1 students will complete the following courses:

- ① EN101 In-person and online options available
- ② ED150 Th., 6-8:55 p.m. • M, W, F, 9:05-10 a.m.
- ③ PY101 In-person and online options available

Childhood/Adolescent Education Phase 2


The Phase 2 microcredential in Childhood/Adolescent Education consists of a designated sequence of three-credit courses designed for current and future teaching assistants who are interested in advancing across the three Teaching Assistant Levels designated by New York State. High school diploma or equivalency required. Students in Phase 2 will complete the following courses:


- ① HI214 T, Th. • 12:45-2:10 p.m.
- ② ED205 T, Th. • 9:35-11 a.m.
- ③ ED211 T, Th. • 4-5:25 p.m.

Administrative Assistant Fundamentals

NEW


Prepare for in-demand office support roles with this practical, job-focused course. Learn the essential skills employers look for, including professional communication, scheduling, basic computer applications, and organizational techniques. Ideal for those seeking entry-level administrative positions in nearly any industry.


 **Instructor:** Shawn Essafi

 **Utica** Oct. 27-Dec. 8 • M, W • 6-8 p.m.
(No class Nov. 26)

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 TB test results within 12 months of clinical start date, and positive titers or proof of two Mumps Measles and Rubella (MMR) vaccinations.


 **Utica** Aug. 11-Oct. 29 • M, T, W • 4-9 p.m.
(No class Sept. 1)


 **Rome** Aug. 26-Nov. 14 • T, Th., F • 9 a.m.-2:30 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** T, W • Sept. 23-Nov. 19
10:30 a.m.-1:30 p.m.

 **Utica** M, W • Sept. 8-Nov. 10 • 5:30-8:30 p.m.

Dental Assistant Certificate

Get ready for a career in one of the fastest-growing and in-demand occupations in the healthcare technician field with this 60-hour Dental Assistant Program. Designed to familiarize learners with all areas of administrative and clinical dental assisting, it focuses on the responsibilities of a chair-side assistant in a dental practice. In addition to providing an introduction to the dental office, the course covers the history and legal aspects of dentistry, the dental operator, and oral anatomy, including the oral cavity, tooth structure (primary and permanent teeth), and more. A voucher to take the national exam is included.

 **Instructor:** Jennifer Ammermann


 **Utica** M, W • Sept. 15-Nov. 19 • 6-9 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+.

Individual Security Guard Trainings available (page 3)

 **Utica** • Sept. 8-11 • M-Th. • 8:30 a.m.-4:30 p.m.

Bookkeeping Basics

Tracking financial transactions for any business is essential. Whether you are looking to advance in your career or own a business, 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

 **Utica** Sept. 3-Dec. 10 • M, W • 6-8 p.m.

Small Business Startup Certificate **NEW**


Build a foundation for self-employment and create new income opportunities with this course, which will help you gain the skills to plan, launch, and manage your own small business. Topics include market research, budgeting, legal requirements, and business operations.


 **Instructor:** Sarita Ruiz

 **Utica** Oct. 14-Nov. 20 • T, Th. • 6-8 p.m.

Intro to Solar Energy Systems **NEW**

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 some of the basic skills needed 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. High school diploma or equivalent required. Students completing this 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.


 **Instructors:** Bob Decker, Dominick Timpano

 **Utica** Aug. 26-Oct. 16 • T, Th. • 5-8 p.m.

Introduction to Machining

This training includes hands-on work in CNC machining and metrology, OSHA 10, and provides employability coaching to prepare you for entry-level employment. Assistance in job placement is also available. Successful completions receive their 10-Hour OSHA card.

 **Instructor:** Forrest Hobbick

 **Utica** Sept. 27-Nov. 1 • Sa. • 9 a.m.-3 p.m.

Introduction to Plumbing **NEW**

This course provides a foundational understanding of plumbing principles and practices. Participants will learn essential plumbing terminology and core concepts, while gaining hands-on experience with the tools commonly used in the trade. Ideal for beginners, this course is designed to build confidence and competence in basic plumbing skills.

 **Instructors:** Rick Zegarelli, Donald Trad


 **MVCC Carpentry & Masonry**

Sept. 16-Nov. 20 • T, Th. • 5-8 p.m.

Introduction to Welding Techniques

This hands-on course introduces essential welding skills, safety practices, and blueprint reading for those interested in welding as a career. Learn to identify and prevent hazards, safely operate tools, and gain experience with Shielded Metal Arc Welding (SMAW/Stick), Gas Tungsten Arc Welding (GTAW/TIG), and Gas Metal & Flux Cored Arc Welding (GMAW/FCAW/MIG & Flux Core). The course also covers oxyacetylene and plasma cutting techniques. Ideal for beginners, this class provides a strong foundation for further training or entry-level opportunities in welding.

 **Instructor:** Kyle Bradley

 **Utica** Sept. 27-Nov. 1 • Sa. • 9 a.m.-3 p.m.

TO ENROLL AND REQUEST INFORMATION

Contact:

Nathan Edwards

nedwards@mvcc.edu

Dani Kall-Marrone

dkallmarrone@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 August 25



**Comedian
Madelein Murphy**

PG. 21



**MVCC Theater
Arts Production**

PG. 22



**Livin' on a
Legacy**

PG. 22




Ryan Cabrera

PG. 23

SEPTEMBER


Make & Take Workshop: Sand Wax Candle Making \$

Remember those colorful sand art bottles you made as a kid? Caribou Candles is bringing that nostalgic fun back — but with candles! Join them for a hands-on workshop where you'll layer vibrant wax "sand" in your choice of colors and scents to create a one-of-a-kind candle. Perfect for all ages; no experience needed. Tickets are limited.

 **Utica:** Sept. 4 • Th. • 6 p.m. • WH225
General: **\$20** MVCC Employee: **\$15**

Why Representation Matters w/ Comedian Madelein Murphy

Comedian and Speaker Madelein Murphy explores the concept of representation in American media starting in the 1960s with Gene Roddenberry's "Star Trek" through the present day. The phrase "representation matters" has become popular in the past decade, but what is representation and how does it affect our daily lives? Why is it important in children's, young adult, and adult media? Madelein, who sold an LGBTQIA+ network pilot in 2020 and was a member of the Writers Guild of America, answers these questions and more. For mature audiences only.

 **Utica:** Sept. 10 • W • 6 p.m. • ACC116

International Student Reception

Connect with fellow students from around the world! Enjoy international foods and refreshments as you make new friends and learn about campus life in a fun and friendly atmosphere.

 **Utica:** Sept. 16 • T • 1-2:30 p.m. • Quad

Breaking Barriers: First-Generation Lawyers & Law Students Speakers Panel

Join us for an inspiring panel discussion with first-generation lawyers who have defied the odds to enter the legal profession. From foster care and incarceration to refugee journeys and late-in-life education, each panelist brings a powerful story of resilience and unconventional paths to success. Organized by MVCC alumna Heather Beebe, a first-generation lawyer and recent Albany Law School grad, this open conversation will explore how lived experiences shape purpose in legal work and how a law degree can transform lives.



 **Utica:** Sept. 18 • Th. • 6 p.m. • WH225


Exhibit opening: 2025 School of Art Faculty Show

This exhibit features a selection of works in a variety of mediums, providing a look into the creative work of faculty in MVCC's School of Art. On view through Oct. 17.

 **Utica:** Sept. 18 • Th. • 1 p.m. • Juergensen Gallery, WH

From Africa Folklore to Salsa: Sin Negro No Hay Guaguancó \$

Step into the vibrant world of salsa with this workshop led by Hilda M. Jordan and Jair Chará. It includes a brief talk on the origins of salsa as a tool for cultural identity and social change in 1960s New York, followed by an interactive dance lesson covering the basics, like turns, rhythm, and lead/follower roles. No experience required.

 **Utica:** Sept. 24 • W • 6 p.m. • Schafer Theater, WH
General: **\$10**

Workshop: Painting with Light \$

Join Ron Jones from MVCC's School of Art to learn about the photo studio, camera operation, and specifically painting with light.

 **Utica:** Sept. 25 • Th. • 1 p.m. • AB274
General: **\$10** MVCC Employee: **\$5**

Family Fun Series: A Minecraft Movie \$


In this film, four misfits are pulled through a mysterious portal into a bizarre cubic wonderland that thrives on imagination. Film followed by activities with the MVCC Strategic Gaming Club.

 **Utica:** Sept. 27 • Sa. • Noon • Schafer Theater, WH
General: **\$5**

SPECIAL EVENT

MVILR Speaker Series in Rome

The Mohawk Valley Institute for Learning Retirement (MVILR) is a non-profit organization that has provided opportunities to local seniors to "learn, live, grow, move, think, socialize, and create" since 1996. MVILR and Campus Events have partnered to offer an eight-week course that brings a different talk/discussion each week. Find more details on the series lineup at mvcc.edu/mvilr

 **Rome:** W • 10:45 a.m. • Festine Auditorium, PC
Sept. 24 - Nov. 12

OCTOBER


**Make & Take Workshop:
The Art of Challah Bread \$**

Learn to make rich, golden Challa from scratch while exploring traditional braiding techniques with Chef Andrew Glidden. In this hands-on workshop, you'll learn to mix dough, practice shaping, and take home a ready-to-bake loaf — along with the recipe.

 **Rome:** Oct. 2 • Th. • 6 p.m. • Kitchen, PC134
General: **\$10**


Make & Take Workshop: Rustic Gnocchi \$

Join Chef Dustin Swiss for this hands-on class where you'll learn to craft rustic gnocchi from scratch and pair them with a vibrant, homemade pesto sauce. Tickets are limited.

 **Rome:** Oct. 9 • Th. • 6 p.m. • Kitchen, PC134
General: **\$10**

National Coming Out Day

Celebrate the LGBTQ+ community by supporting those who are living as their authentic selves by “coming out” to their family and friends. This event will share the coming out stories of our campus and alumni community.

 **Utica:** Oct. 13 • M • 10 a.m.-2 p.m. • WH Lobby


Lahore to Utica: A Pakistani American Professor's Path in Science and Community

MVCC Professor Dr. Shahida Dar will share her unique journey from Lahore, Pakistan, to Utica, N.Y. Learn how Dar's multicultural background and passion for science have influenced her career and her personal experiences navigating two cultures and overcoming challenges.

 **Utica:** Oct. 14 • T • 2:30 p.m. • WH225

MVCC Theater Arts Production

Mark your calendars for Thursday-Saturday, Oct. 23-25 — details of this fall's theater production will be coming soon!

 **Utica:** Oct. 23-25 • Th.-Sa. • Schafer Theater
General: **\$5**

Mindful Mocktail Workshop: Sip into Fall Wellness \$

This hands-on workshop includes a quick mindfulness and breathing exercise to help you unwind, followed by the creation of two delicious, fall-inspired mocktails. Learn about the wellness benefits of each ingredient and head home with recipe cards to recreate the drinks. Tickets are limited.




 **Rome:** Oct. 21 • T • 6 p.m. • Kitchen, PC134
 **Utica:** Oct. 23 • Th. • 6 p.m. • WH225
General: **\$20** MVCC Employee: **\$15**


Exhibit Opening: 'Ties That Bind' by Chad Smith

Join MVCC's School of Art for an opening reception for “Ties That Bind,” a series of paintings by adjunct instructor Chad Smith. Paintings focus on heartfelt subjects that surround the artist and inspire hope. The exhibit will be on display through Dec. 12, 2025.

 **Utica:** Oct. 23 • Th. • 1 p.m. • WH225

Psychic Fair \$

Join us for a unique mini psychic reading fair — with opportunities for a seven- to nine-minute reading to gain insight, clarity, and connection. Tickets available at the door only — come early to reserve your spot!

 **Utica:** Oct. 24 • F • 3-7 p.m. • WH225
General: **\$10**


Living' on a Legacy: Sandy Cummings Memorial Leadership Benefit \$

Join us as we celebrate the life and legacy of Sandy Cummings, a proud MVCC alumna and champion of the student experience who impacted the lives of countless students throughout her 38-year MVCC career. Proceeds benefit the Sandy Cummings Student Engagement Scholarship. *More event information on page 13.*

 **Utica:** Oct. 28 • T • 6 p.m. • Schafer Theater, WH
General: **\$20**


Workshop: Spooky Camera Obscura \$

Join Todd Behrendt, Dean of MVCC's School of Art, for a spooky rendition of his Camera Obscura Workshop. Bring a fun mask to use for the camera obscura portraits.

 **Utica:** Oct. 30 • Th. • 2:30 p.m. • AB273
General: **\$10** MVCC Employee: **\$5**

Trick-or-Treat Street

Calling all little ghouls and goblins! Join us for this annual spooktacular evening of indoor trick-or-treating.


 **Rome:** Oct. 30 • Th. • 4-6 p.m. • PC Atrium



NOVEMBER


Fork First: How We Ate Our Way Through Portugal

On a trip to Portugal, MVCC Career Development Specialist Sara Miller and her husband, Ryan Miller (Director of MVCC's thINCubator) skipped the tourist traps and followed the flavors instead. Come hear about their week in Porto, the Douro River Valley, and Lisbon, where shared meals shaped a travel experience far richer than anything they could have planned.

 **Utica:** Nov. 5 • W • 2:30 p.m. • WH225


Concert: Ryan Cabrera w/opening act Isaac French \$

Platinum-selling singer-songwriter Ryan Cabrera, known for hits like "On the Way Down," "True," and "40 Kinds of Sadness," brings his signature acoustic-pop sound to the stage for an intimate, high-energy show. Opening is Rome resident Isaac French, a pop-folk singer-songwriter and multi-instrumentalist known for his soulful, melodic sound. He's shared the stage with artists like Rodney Atkins, The Head and the Heart, and Danielle Bradbery.

 **Utica:** Nov. 7 • F • 7 p.m. • Schafer Theater, WH
General: **\$15**

Extra Life: Play Games to Change Kids' Health

Join the MVCC Extra Life community by playing games or watching gaming events as MVCC's Strategic Gaming Club raises funds to Change Kids' Health to Change the Future. All are invited to drop in and learn a new game, participate in tournaments, or watch video game speed runs. All proceeds will benefit the MVHS Foundation for children's equipment and supplies.

 **Utica:** Nov. 15 • Sa. • 10 a.m.-5 p.m. • WH Lobby


Workshop: Portrait Painting Introduction \$

Join MVCC Art Professor Jed Kimball for this hands-on workshop that provides an introduction to painting portraits. All materials will be provided.

 **Utica:** Nov. 19 • W • 6 p.m. • AB112
General: **\$10** MVCC Employee: **\$5**

Trans Day of Remembrance

All are welcome as we come together to remember those whose lives were lost due to transphobia. Event includes a ceremony of remembrance, community speakers, and time for discussion and fellowship.

 **Utica:** Nov. 20 • Th. • 6:30 p.m. • WH225

DECEMBER

Exhibit: AIDS Memorial Quilt

Join us for a brief ceremony to honor and remember the lives lost to AIDS and uplift the continuing efforts to prevent and treat HIV locally and worldwide. Panels from the AIDS Quilt — a memorial to those who lost their lives handmade by surviving loved ones — will be available to view Monday-Friday, Dec. 1-5, in the Payne Hall Lobby at the Utica Campus. To request a panel in honor of a loved one, please email your request to jfanelli@mvcc.edu by Sept. 29, 2025.

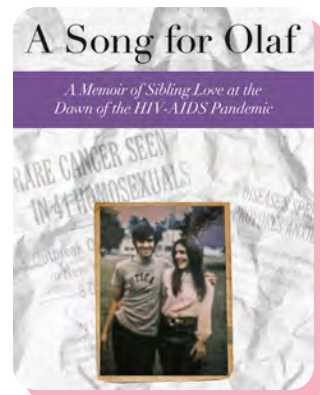
 **Utica:** Dec. 1 • M • 5:30 p.m. • PH Lobby



Lecture: HIV-AIDS and the U.S. — Then and Now

On World AIDS Day, author and MVCC Dean Emeritus Jennifer Boulanger presents a discussion on HIV-AIDS. The program will feature readings from Boulanger's 2025 memoir, "A Song for Olaf: A Memoir of Sibling Love at the Dawn of the HIV-AIDS Pandemic," as well as commentary on the political, cultural, and social ramifications of reactions by media, healthcare, and the U.S. government. A question/answer session will follow. Copies of Boulanger's memoir will be available for purchase.

 **Utica:** Dec. 1 • M • 6 p.m. • WH225



ACADEMIC PROGRAMS



Arts



Business & Hospitality



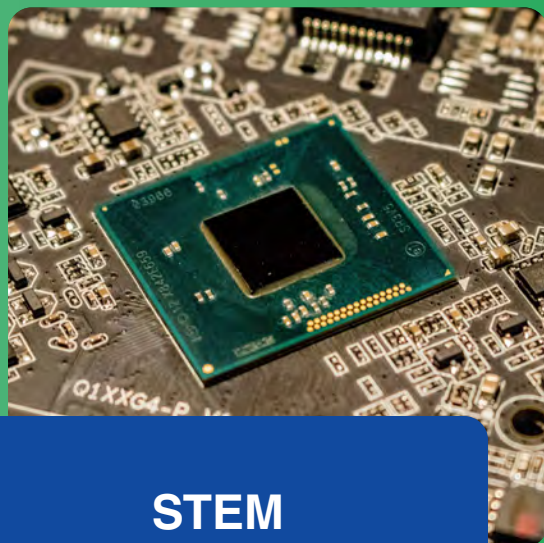
Health Sciences



Humanities



Public & Human Services



STEM

MICROCREDENTIALS



Bridging education and career

In today's rapidly evolving job market, people of all ages and education levels are opting for shorter, career-focused courses to acquire new skills or enhance existing ones.

To that end, microcredentials are becoming increasingly popular among both students and professionals, offering a flexible way to gain job-ready skills. For students, microcredentials offer immediate impact and access to industry experts, helping with the transition from college to career. For professionals, they offer specialized training that can lead to career advancement or salary growth.

Mohawk Valley Community College's microcredential programs offer a dynamic way to quickly gain relevant skills with highly focused training. They span a range of disciplines — healthcare, manufacturing, construction, IT support, culinary arts, childhood education, and the arts — and are adaptable to various career paths. Each microcredential consists of three to five hands-on courses that teach specific skills sought by local employers. They can be taken alone or stacked toward a degree or certificate, and students earn verifiable digital badges through Credly, a digital credentialing platform.

Art

- Fashion Design:** *Ideation & Construction*
- Fashion Design:** *Production & Presentation*
- Fine Arts:** *Drawing & Design*
- Fine Arts:** *Painting & Printmaking*
- Game Art:** *Animation & Modeling*
- Game Art:** *Character, Asset, & Environment*
- Graphic Design:** *Layout*
- Graphic Design:** *Publication*
- Illustration:** *Digital & Drawing*
- Illustration:** *Concepts*
- Digital Media & Marketing:** *Content Design*
- Digital Media & Marketing:** *Media Management*
- Motion Media:** *Movement & Motion*
- Motion Media:** *Character & Story*
- Photography:** *Darkroom & Digital*
- Photography:** *Studio & Portfolio*
- Theater Arts:** *Acting & Performance*
- Theater Arts:** *Writing & Directing*
- Video Production:** *Capture & Post-Production*
- Video Production:** *Effects & Narrative*

Public & Human Services

- Education:** *Early Childhood Education*
- Education:** *Childhood Education*
- Education:** *Adolescent Education*
- Criminal Justice:** *Forensic Psychology*
- Criminal Justice:** *Financial Crime Investigation*

Business & Hospitality

- Baking:** *Intro to Baking*
- Baking:** *Advanced Baking*
- Baking:** *Bakeshop Design & Planning*
- Food Service:** *Kitchen Competencies*
- Food Service:** *World Cuisines*
- Food Service:** *Food & Beverage Service Standards*
- Food Service:** *Facility Design & Planning*
- Management:** *Hospitality Management*

Health Sciences

- Surgical:** *Sterile Processing Techniques*

STEM

- Remotely Piloted Aircraft Systems:** *Data Analysis*
- Remotely Piloted Aircraft Systems:** *Maintenance*
- Remotely Piloted Aircraft Systems:** *Operations*
- Welding:** *Fabrication Welding*
- Welding:** *Ornamental Welding*
- Welding:** *Structural Welding*
- Carpentry:** *Carpentry Fundamentals*
- Masonry:** *Masonry Fundamentals*
- Electrical:** *Industrial Wiring Specialist*
- Electrical:** *Motors & Controls Specialist*
- Computer Science:** *IT Support Professional*
- Computer Science:** *Code Academy*

Pathways to Success

A Success Path in higher education recognizes that 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 even degrees. It's a flexible way to **upskill & 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 trade, healthcare, or tech role, 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**
Administrative Assistant **AAS**
and **Certificate**
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**
Mathematics & Science **AS**
(Sports Medicine Transfer Advising Guide)
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?

 **5,700+**
STUDENTS


2 **CONVENIENT**
CAMPUS
LOCATIONS

 **IN UTICA**
AND ROME 



PROGRAMS
can be at
least half-
completed
ONLINE

30+ 
MICROCREDENTIALS
CURRENTLY OFFERED


18:1 STUDENT-
FACULTY RATIO

4 **FLEXIBLE** instructional
methods to fit your learning
style and your lifestyle

170+  **TRANSFER**
AGREEMENTS
with 4-year colleges
and universities

90+
PROGRAM
OPTIONS

41%

FULL-TIME
STUDENTS

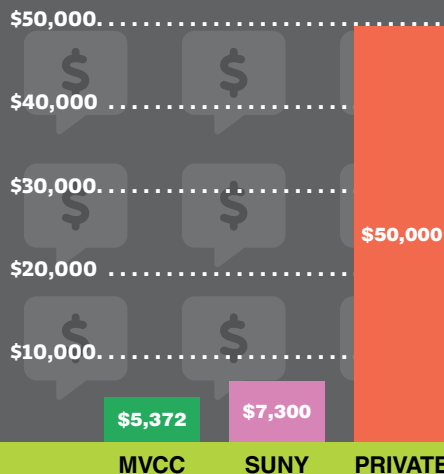
94%

COMMUTER
STUDENTS

70%

MATRICULATED STUDENTS
RECEIVE FINANCIAL AID

AVERAGE TUITION COSTS:



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



FOUNDED IN



1946

130+
SCHOLARSHIPS
OFFERED



110 **FULL-TIME**
FACULTY

40+
STUDENT
CLUBS AND
ORGANIZATIONS

26
COUNTRIES
REPRESENTED

17 **INTERCOLLEGIATE**
SPORTS



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UTICA, NY 13501

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 **Mohawk Valley Community College**



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Corporate &
Community Education

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