

NON-CREDIT COURSES • ACADEMIC PROGRAMS • CAMPUS EVENTS

# mvccconnect



**MVCC Utica:** 1101 Sherman Drive

**AB:** Academic Building

**JC:** Jorgensen Center/Gym

**ACC:** Alumni College Center

**WH:** Wilcox Hall (Formerly IT)

**ST:** Science & Technology Building

**QUAD:** Quad

**STAR:** Box Office Locations

**MVCC Rome:** 1101 Floyd Ave.

**PC:** Plumley Complex

**MVCC Carpentry and Masonry:**

335 Catherine St., Utica

**Weekday Abbreviations:**

**M** Monday

**T** Tuesday

**W** Wednesday

**Th.** Thursday

**F** Friday

**Sa.** Saturday

**Su.** Sunday

## 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



# Non-Credit

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**Security Guard Training** PG 3

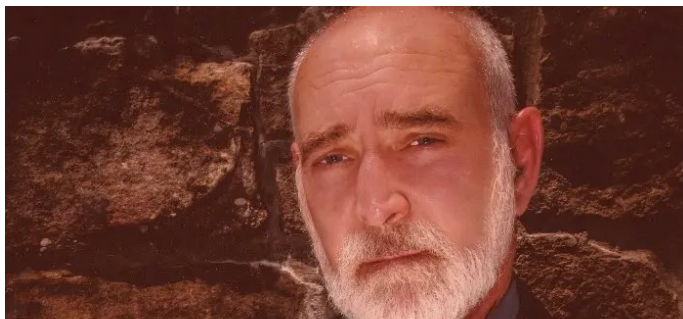


**Korean Cooking** PG 10

## Campus Events: 19-23

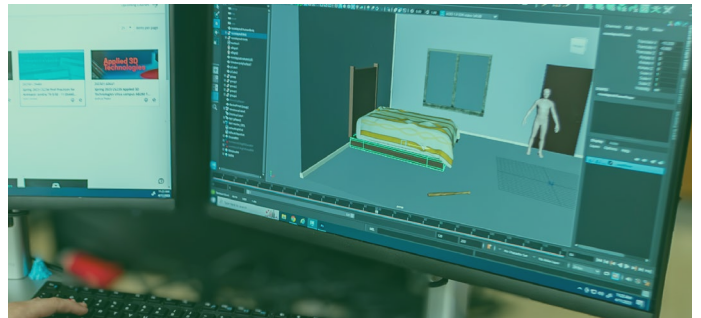


**Daniel Franzese - Mean Girls** PG 20



**John Zaffis - Ghost Hunter** PG 21

## Academics: 24-28



**Game Art AAS** PG 25



**Airframe & Powerplant** PG 27

Check for the **FastTrack** icon to see our free career programs!

# NON-CREDIT COURSES

## Get on track to a new or improved career at MVCC!

This fall, we've significantly ramped up our Professional Development programming. We've also added new courses in real estate, bookkeeping, and more. Looking for something fun? Explore new Leisure Learning courses in cooking, language, and wellness. With our expanded **FastTrack** career programs, you can get the skills you need for little or no cost! And don't forget to check out our Rome Campus classes!

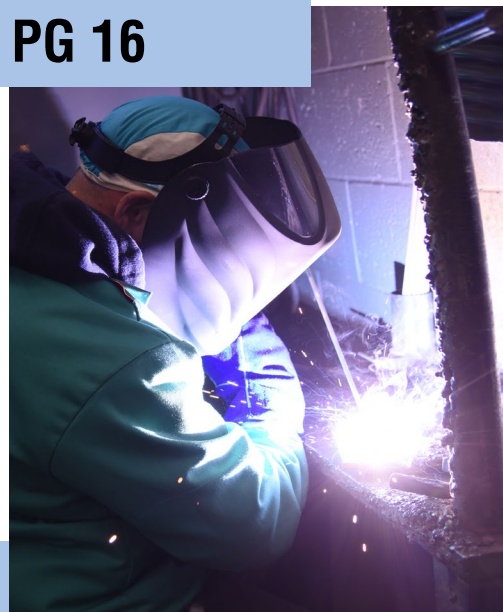


## REAL ESTATE SALES AND BROKER PG 4



## HOLISTIC WELLNESS PG 9

## FASTTRACK PG 16



### CLASS FORMAT KEY

Take a class this Fall! We have an option for you!

**In-Person:** On Campus

**Online Live:** Classes via Zoom on scheduled day/time

**Online Asynchronous:** Scheduled class dates; work at your convenience

**Online Self-Paced:** Start anytime; work at your own pace

All classes are instructor-led.

### Symbols:

**FastTrack** Free Program (Non-Credit)

**\$** Ticketed Event (Campus Events)

**PB** Program Board (Campus Events)

# Professional Development

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

This is an eight-hour course required by New York State as the first step in obtaining a security guard registration card from the New York State Department of State. The course provides you with a general overview of the duties and responsibilities of a security guard. The passing of an examination is required for successful completion.

**Instructors:** Joe Ciccone, John Bielby, Rick D'Alessandro

**Various Locations •** **FastTrack**

**Utica:** Sept. 17, 19 • T, Th. • 6-10 p.m.

**Rome:** Oct. 19 • Sa. • 9 a.m.-5 p.m.

**Utica:** Nov. 5, 7 • T, Th. • 6-10 p.m.

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

This is a 16-hour course that must be completed within 90 days of employment as a security guard. The course provides detailed information on the duties and responsibilities of a security guard. The passing of an examination is required for successful completion.

**Instructor:** Rick D'Alessandro

**Utica:** Nov. 12-21 • T, Th. • 6-10 p.m. • **FastTrack**

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

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

**Instructors:** Joe Ciccone, John Bielby

**Various Locations •** **\$70**

**Utica:** Oct. 15, 17 • T, Th. • 6-10 p.m.

**Rome:** Nov. 12, 14 • T, Th. • 4:30-8:30 p.m.

## OSHA-10 General Industry **NEW**

This 10-hour, in-person OSHA training program is intended to provide entry-level general industry workers information about their rights, employer responsibilities, and how to file a complaint, as well as how to identify, abate, avoid, and prevent job-related hazards on a work site. The training covers a variety of general industry safety and health hazards a worker may encounter at a job site. Students will receive a certification card via postal mail upon successful course completion.

**Instructor:** Eric Sims

**Utica:** Oct. 8, 9 • T, W • 9:30 a.m.-3:30 p.m. • **\$100**

## SAVE School Violence Prevention

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

**Instructors:** John Bielby, Rick D'Alessandro

**Various Locations •** **\$30**

**Utica:** Oct. 3 • Th. • 4-6 p.m.

**Rome:** Nov. 21 • Th. • 4-6 p.m.

## 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.

**Instructors:** John Bielby, Rick D'Alessandro

**Various Formats •** **\$40**

**Utica:** Oct. 10 • Th. • 4-8 p.m.

**Rome:** Dec. 5 • Th. • 4-8 p.m.

## Dignity for All Students (DASA)

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

**Instructor:** John Wells

**Various Formats •** Sa. • 9 a.m.-3 p.m. • **\$100**

**Online:** Sept. 28

**Rome:** Oct. 19

**Utica:** Dec. 7

## 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

**Various Formats •** **\$60**

**Rome:** Oct. 1, 3 • T, Th. • 5:30-7:30 p.m.

**Utica:** Nov. 16 • Sa. • 9:30 a.m.-1:30 p.m.

**Online Live:** Dec. 7 • Sa. • 9:30 a.m.-1:30 p.m.

## 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:** Joanne Zenammo

**Utica:** Sept. 9-Nov. 7 • M, T, Th., 5:30-8:30 p.m. • **\$550**

**No class Oct. 31**

## NYS 75-Hour Real Estate Broker Course

**NEW**

Becoming an associate broker or broker requires two years of industry experience and education, plus the passage of the New York State Broker's exam. This class provides the required training hours and will prepare you for the NYS exam. Eligible attendees must have previously completed the 77-hour NYS Real Estate Salesperson Pre-Licensing Course and be 20 years of age. Textbook is included in the tuition fee.

**Instructor:** Ron Cerminaro

**Utica:** Oct. 7-Dec. 5 • M, T, Th. • 6-9 p.m. • **\$550**

**No class Oct. 31, Nov. 28**

More online, self-paced options in real estate training are available with our partner The CE Shop: [mvcc.theceshop.com](http://mvcc.theceshop.com)

# Online Certificates

Certificate courses can be taken individually or as a sequence. These classes are online and asynchronous.

**Course 1: Sept. 3-27 • Course 2: Oct. 7-Nov. 1 • Course 3: Nov. 4-29**

## Certificate in Data Analysis

Gain a basic understanding of how to analyze data in a business setting, learn how many of your business decisions involve comparing groups for differences, and then perform inquiries that will be useful to your business or organization, as well as the skills to communicate these results through graphs and text that your coworkers will understand.

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

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

**Course 1:** Introduction to Data Analysis

**Course 2:** Intermediate Data Analysis

**Course 3:** Advanced Data Analysis

## Certificate in Power BI

Gain insights into your data using Microsoft's Power Business Intelligence (Power BI) software, a widely used business analytics service to enhance your skills in data analysis, giving you greater insight into your organization's performance and allowing you to make informed decisions.

**Instructor:** Marion Williams

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

**Course 1:** Introduction to Power BI

**Course 2:** Intermediate Power BI

**Course 3:** Advanced Power BI

## SQL Certificate

Learn about relational database structures, the history and uses of Structured Query Language, and how to use it to create a database, add records to database tables, and how to use SQL queries to extract meaningful data from those tables. You'll also learn how to alter data in a database and how to gather significant statistics from data stored in a database. Finally, you'll learn techniques for writing powerful queries that perform complicated searches and sorts on your data.

**Instructor:** Cecilia Allison

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

**Course 1:** Introduction to SQL

**Course 2:** Intermediate SQL

**Course 3:** Advanced SQL

## Certificate in Mastering Excel

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 your data into useful information. Learn Excel's most powerful features to analyze data quickly and easily. This certificate will help you discover how to visualize your data into meaningful information with confidence.

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

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

**Course 1:** Mastering Microsoft Excel

**Course 2:** Intermediate Excel

**Course 3:** Advanced Excel

## Certificate in Workplace Communication

Good communication in the workplace is critical for career success. This comprehensive certificate will provide skills and techniques you can put to use on Monday morning. Discover a workable conflict management model, along with successful and practical conflict management strategies. Work with a pro and learn how to improve your negotiation skills for a win-win outcome, and use personality profiles for better work performance.

**Instructors:** Sally Klauss, Rodney Holt

**Online Asynchronous:** • Package **\$595**

**Course 1:** Conflict Management • **\$245**

**Course 2:** Collaborative Management • **\$195**

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

## Certificate in Web Design

Discover the basics of web design using HTML and CSS. No prior knowledge is required. After the first course, you will have the information you need to plan and design effective web pages. Then, find out how to create effective and dynamic websites/applications. Learn about responsive design, advanced layout and design features, and explore industry standard technologies and frameworks.

**Instructor:** Marcus Lander

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

**Course 1:** Introduction to Web Design

**Course 2:** Intermediate Web Design

**Course 3:** Advanced Web Design

## Graphic Design Software Essentials Certificate

Learn Adobe Illustrator to draw shapes and design logos, flyers, and business cards. Use Photoshop to edit and enhance existing images, or create your own composition. InDesign lets you create multi-page documents such as brochures, flyers, books, and magazines. Students are responsible for purchasing their own software.

**Instructor:** Andy Helmi

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

**Course 1:** Adobe Illustrator Essentials

**Course 2:** Adobe Photoshop Essentials

**Course 3:** Adobe InDesign Essentials

## Mastering Computer Skills for the Workplace

The Microsoft Office suite of applications is the most used software tool in the world. Stay current and master the most common uses so that you can work faster and more efficiently. You'll leave with a set of skills that are a requirement in today's fast-paced, ever-changing workplace and will enable your future career success.

**Instructor:** Betsy Flanagan

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

**Course 1:** Mastering Microsoft Excel

**Course 2:** Mastering Microsoft Word

**Course 3:** Mastering Microsoft PowerPoint

## Certificate in Project Management

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

**Instructors:** John Fitzgerald Jr., Jermaine Dykes, Gail Singleton

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

**Course 1:** Introduction to Project Management

**Course 2:** Project Management Processes

**Course 3:** Project Management Knowledge Areas

## 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

**Online Asynchronous:** Single **\$195** • Package **\$395**

**Course 1:** QuickBooks Online Level 1

**Course 2:** QuickBooks Online Level 2

## Bookkeeping Certificate

Whether you are an entrepreneur, running a family business, or looking to advance your career, this certificate will provide you with the knowledge needed to measure and manage the financial health of your business. This program focuses on cash-basis accounting.

**Instructor:** Sharon DeFonteny

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

**Course 1:** Understanding Debits and Credits

**Course 2:** General Ledger and Month-End Procedures

**Course 3:** Closing Procedures and Financial Statements

## The Basics of Bookkeeping

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

**Instructor:** Sharon DeFonteny

**Online Asynchronous:** Oct. 7-Nov. 1 • **\$195**

## Paralegal Certificate

Designed for beginning or advanced legal workers, this class will help you pass numerous quizzes and successfully complete several writing assignments to receive your certificate. To enroll, contact the Center for Legal Studies at 1-800-522-7737. Books and materials must be purchased separately. For more information, visit [legalstudies.com](http://legalstudies.com).

**Various Formats** • **\$1,895**

**Online Live:** Sept. 24-Nov. 16 • M, W, 6-9 p.m. • Sa., 8:30 a.m.-1 p.m.

**Online Asynchronous:** • Oct. 20, 2024-Feb. 28, 2025

## Legal Secretary Certificate Course Online

This intensive program, designed for beginning and experienced secretaries, will help you improve your skills and work more efficiently within the law office. To enroll, contact the Center for Legal Studies at 1-800-522-7737. Books and materials must be purchased separately. For more information, visit [legalstudies.com](http://legalstudies.com).

**Online Asynchronous:** Oct. 21-Dec. 6 • **\$995**

## Mastering Video Marketing Certificate

Video marketing is the new marketing trend. 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 page one of Google searches. Good videos tell a story to connect people.

**Instructor:** Rob Lee

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

**Course 1:** Video Marketing

**Course 2:** YouTube for Business

## Certificate in Marketing

Discover advanced and new best practices in integrated marketing, the field that integrates traditional print marketing with 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 even greater overall effectiveness.

**Instructor:** William Draves

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

**Course 1:** Advanced Marketing Concepts

**Course 2:** Writing Marketing Copy

**Course 3:** Integrated Marketing Best Practices

## Digital Marketing Certificate

Get the keys to eMarketing success, including how to improve email promotions, analyze website traffic, do search engine optimization, and employ online advertising. No digital marketing experience is necessary! Relevant for any type of organization, including businesses, non-profits, and government agencies. Already at an advanced level? Your instructor can provide advanced information and answer your toughest questions.

**Instructor:** Susan Hurrell

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

**Course 1:** Improving Email Promotions

**Course 2:** Boosting Your Website Traffic

**Course 3:** Online Advertising

## Certificate in Online Teaching

From building to improving an online course, from fostering online discussion to encouraging student interaction, from traditional assessment to online tests, this certificate will give you the fundamentals of teaching online, as well as the most advanced tips and techniques in the business.

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

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

**Course 1:** Advanced Teaching Online

**Course 2:** Designing Online Instruction

**Course 3:** Fostering Online Discussion

## Certificate in Learning Styles

Learn the most advanced information about the three most important and most prevalent characteristics you experience with your participants: generation, gender, and the autism spectrum.

**Instructors:** William Draves, Julie Coates

**Online Asynchronous:** Single **\$145** • Package **\$395**

**Course 1:** Developing Socialization Skills for Students with ASD • Oct. 7-Nov. 1

**Course 2:** Gender in the Classroom • Oct. 7-Nov. 1

**Course 3:** Generational Learning Styles • Nov. 4-29

# 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 – especially those with young children! Renovation firms must have at least one certified renovator who has completed training and obtained a firm certification from the EPA at a cost of \$300. MVCC is offering these courses in partnership with the Oneida County Health Department and Environmental Education Associates (EEA). These courses are accredited by the EPA and fulfill the requirements for lead-safe training. EEA is a USEPA TSCA 402 accredited training provider.

## Lead Renovator Certification

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

**Instructor:** Gene Allen

**MVCC Carpentry and Masonry** • F • 8:15 a.m.-5:15 p.m. **\$175**

**Option 1:** Oct. 4

**Option 2:** Nov. 1



# Healthcare & Fitness Training

## 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**

## 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:** Dec. 3 • T • 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 anyone who wants to be prepared during an emergency. Topics covered are 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. The cost of the card (\$22) is included in the tuition.

**Instructor:** Karen Murphy

**Utica:** Dec. 5 • Th. • 9:30 a.m.-2 p.m. • **\$77**



## Medical Billing and Coding Certificate

Learn about legal, ethical, and regulatory concepts central to this field, including HIPAA compliance, official coding guidelines, and third-party payer requirements. At the end of the course, you'll receive a certificate of completion and be able to choose a voucher for the professional certification that best aligns with your interests and career goals (testing voucher included). All materials are included in tuition. To enroll, visit <https://careertraining.ed2go.com/mvcc/>.

**Choose course ID GES1014.**

**Online Self-Paced • \$2,995**

## Spanish for Medical Professionals

This class, designed specifically for healthcare professionals, will help you practice the basic, practical language skills needed to effectively communicate with your 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. 3-Nov. 1 • \$290**

## New York State High School Coaching Certification

Those wishing to coach an interschool athletic team in NYS must meet certain minimum requirements as set forth in the Regulations of the Commissioner of Education. This includes all head coaches and assistants for varsity, junior varsity, freshman, and junior high (modified) teams of public schools. These three online classes will get you started on your certification. Learn about athletic first aid and training/conditioning principles, the basic philosophy of coaching as integral to physical and general education, and different methods of coaching and team management. Classes are self-paced and can be started at any time.

**Online Self-Paced • \$150 per course**

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

**Instructor:** Matt St. Croix

**Course 2:** Theory and Techniques of Coaching

**Instructor:** Matt St. Croix

**Course 3:** Health Science Applied to Coaching

Purchasing or renting the textbook is required:

"Concepts of Athletic Training," Ronald P. Pfeiffer and Brent C. Mangus, 7th Ed.

**Instructor:** Jen Krohn



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. CLE is now accepting applications for Leadership Academy, Leadership Mohawk Valley and Supervisors Institute. Contact [jhobika@mvcc.edu](mailto:jhobika@mvcc.edu) or visit [clemv.org](http://clemv.org) for more information.

# Health & Wellness

## 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:** Sept. 17-Dec. 3 • T, Th. • 4:30-5:15 p.m. • \$95

No class Oct. 31, Nov. 26, Nov. 28

## Broadway Fit

Learn Broadway moves, steps, and fun combos that will take your workout to a whole new level! Move to some awesome Broadway tracks, as well as Latin, funk, and more. No dance experience is needed.

**Instructor:** Noah Price

**Utica:** Sept. 16-Dec. 2 • M • 6:45-7:45 p.m. • \$65

No class Oct. 14, Nov. 25

## Chair Yoga

This class will improve your strength, flexibility, mobility, and balance, and it's relaxing. Participants will use a chair for seated and standing poses; there is no floor work. You will practice poses that focus on toning muscles while improving posture and circulation. Please use a sturdy chair, not a folding chair.

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

**Online:** Sept. 18-Nov. 20 • W • 4:30-5:15 p.m. • \$65

## DanceFit!

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

**Instructor:** Noah Price

**Utica:** Sept. 19-Dec. 5 • Th. • 5:30-6:30 p.m. • \$65

No class Oct. 31, Nov. 28

## Functional Focus on Fitness **NEW**

Come join a higher impact bootcamp with a focus on functional fitness, core strength, and cardio. All levels welcome; program built and customized around participants' goals and/or fitness levels.

**Instructor:** Jason Hill

**Utica:** Sept. 19-Dec. 5 • Th. • 6-6:45 p.m. • \$70

No class Oct. 31, Nov. 28

## Jumpfit

This exciting fitness experience 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. 19-Dec. 5 • Th. • 5-5:45 p.m. • \$70

No class Oct. 31, Nov. 28

## Mindful Movement Yoga **NEW**

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

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

**Online:** Sept. 16-Dec. 2 • M • 5:30-6:30 p.m. • \$65

No class Oct. 14, Nov. 25

## Pound

Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics, and Isometric poses. Through continual upper body motion using our lightly weighted drumsticks called Ripstix™, you'll turn into a calorie-torching drummer.

**Instructor:** Kelly Devins

**Utica:** Sept. 18-Nov. 20 • W • 5:30-6:30 p.m. • \$65

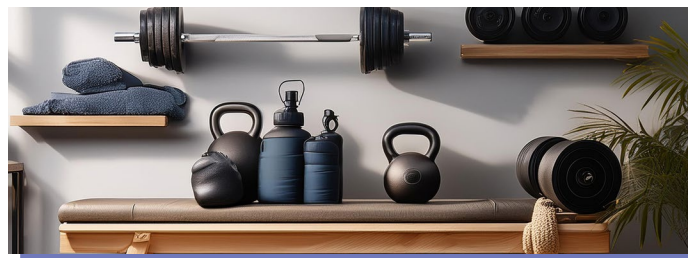
## Strengthen, Sculpt, and Tone

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

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

**Online:** Sept. 17-Dec. 3 • T, Th. • 5:30-6:30 p.m. • \$110

No class Oct. 31, Nov. 26, Nov. 28





## Tai Chi for Beginners

This basic-level Tai Chi class is a study of body mechanics derived from an ancient Chinese martial arts practice. Renowned as a rejuvenator of health and vitality, it can be done by anyone who can walk. It is meditative in nature and teaches body/mind control that is useful for all of life's activities.

**Instructor:** John Bulson

**Utica:** Sept. 18-Nov. 20 • W • 5:30-6:30 p.m. • \$65

## Tai Chi Refinements and Continuation

**NEW**

This course is for those who have done the Tai Chi for Beginners course and are ready for corrections and additional postures and movements.

**Instructor:** John Bulson

**Utica:** Sept. 18-Nov. 20 • W • 6:45-7:45 p.m. • \$65

## Wall and Mat Pilates

Interested in learning about the Wall Pilates craze on social media? In addition to wall work, you'll learn 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. 16-Dec. 2 • M • 5:30-6:30 p.m. • \$65

No class Oct. 14, Nov. 25

## Yoga Balance

In this class, you'll 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, water, and blocks ready.

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

**Online:** Sept. 18-Nov. 20 • W • 5:30-6:30 p.m. • \$65

# Holistic Wellness

## Awakening Within: A Journey of Mindfulness and Meditation **NEW**

Take yourself on a transformative journey of self-discovery through the practice of mindfulness and meditation. You will explore various aspects of meditation, including its benefits, different techniques, and practical applications for enhancing well-being and inner peace.

**Instructor:** Pilar Lombana

**Utica:** Oct. 1-Nov. 19 • T • 6-7 p.m. • \$90

## Breathwork and Body Awareness **NEW**

Discover the transformative power of breathwork and body awareness in this immersive four-week course. Designed to complement and enhance your meditation practice, this class provides practical tools to reduce stress, improve mental clarity, and promote overall well-being. Each session combines guided breathwork exercises with techniques to deepen your connection to your body, culminating in a personalized routine that supports your ongoing practice.

**Instructors:** Ashleigh Frank, Lynn Brooks

**Utica:** Oct. 23-Nov. 13 • W • 6-7 p.m. • \$70

## 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. 25-Oct. 16 • W • 6-7 p.m. • \$70

## FIRST ROBOTICS VOLUNTEERS

Check out or volunteer for our FIRST@MVCC robotics tournaments!

[mvcc.edu/firstrobotics/volunteer-sponsor.php](http://mvcc.edu/firstrobotics/volunteer-sponsor.php)



# Leisure Learning

## Journaling for Life **NEW**

Journaling can be an easy way to capture the essence of your day and ultimately your life. Learn about the benefits and how to get started. If you already journal, learn about other methods to summarize and frame your life.

**Instructor:** Pat Salzer

**Various Locations** • T • 6:30-8 p.m. • **\$30**

**Utica:** Nov. 19

**Rome:** Dec. 3

## Social Ballroom Dance

Learn social dancing starting with Foxtrot and Salsa! These styles will make you look like a pro at social events. Gain skills such as advanced turns, proper footwork, and arm styling using basic routines. No partner necessary! For beginner to intermediate levels.

**Instructors:** Lili Piplica, Wayne Turkowski

**Rome:** Sept. 12-Oct. 17 • Th. • 6-8 p.m. • **\$65**

**Utica:** Oct. 21-Dec. 9 • M • 6:30-8:30 p.m. • **\$75**

## 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. 4-Dec. 18 • W • 7-9 p.m. • **\$30** No class Nov. 27

## Much Ado About Mushrooms **NEW**

Learn to identify both edible and non-edible mushrooms in this introductory class. Explore the differences between mycorrhizal and saprobic fungi, their role in forest ecosystems, and their medicinal and culinary potential. We'll cover various identification methods and examine mushroom habitats in detail. Note: This is an identification course only; no fungi will be harvested for consumption.

**Instructor:** Natalie Levin

**Various Locations** • Sept. 9-Oct. 30 • M • 5-7 p.m. • **\$80**



## Basic Home Repair

In this hands-on, three-part series, learn to confidently tackle minor home repairs. Get advice on essential tools and fixing common household items, both indoors and outdoors. Attend one session or all three!

**Instructor:** Todd Manolescu

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

**Topic 1: Plumbing** • Sept. 28 • **\$60**

**Topic 2: Electricity** • Oct. 12 • **\$60**

**Topic 3: Odds & Ends/Home Maintenance** • Oct. 26 • **\$60**

## Culinary Classes

### Karma Asian Fusion Cuisine **NEW**

Now's your chance to make Asian fusion dishes at home! Jonann Velardi of Karma (formerly Taste of Laos) will guide you through several delicious dishes.

**Instructor:** Jonann Velardi, Karma

**Rome:** T • 5:30-7:30 p.m. • **\$65**

**Option 1:** Oct. 15 • Egg Rolls and Spring Rolls

**Option 2:** Nov. 19 • Stir Fries

### Korean Cooking **NEW**

Explore the secrets of Korean cuisine and its food culture in two stand-alone, hands-on sessions. These beginner-oriented seminars teach you to make two popular dishes and include a bit of language and culture. Bring a sharp knife and containers for take-home goodies. Attend one class or both!

**Instructor:** Koh, Boksoon (Christine)

**Rome:** Th. • 5:30-8:30 p.m. • **\$65**

**Option 1:** Oct. 10 • Bibimbap (Korean Rice Bowl)

**Option 2:** Oct. 24 • Japchae Bap (Glass Noodle Rice)

### Lebanese Cooking with Zeina's

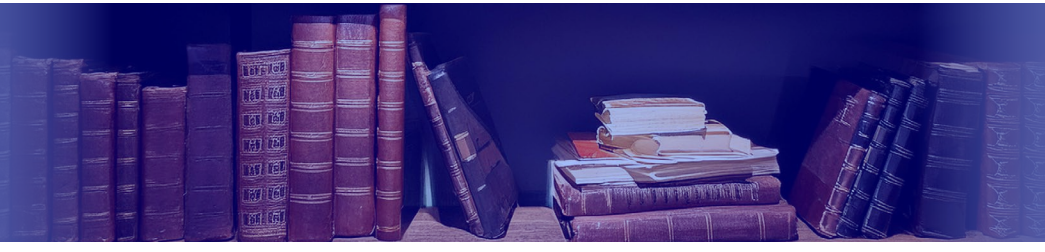
Taste the flavors of Lebanon and the Mediterranean, and learn the tips and tricks about the recipes you've come to enjoy at Zeina's Lebanese restaurant. Learn to make many healthy and delicious Lebanese dishes.

**Instructors:** Melissa Zeina, Layla Zeina

**Rome:** T • 5:30-8:30 p.m. • **\$65**

**Option 1:** Sept. 17 • Stuffed Grape Leaves, Tzatziki Sauce, Tabbouleh Salad

**Option 2:** Oct. 1 • Vegetarian Dishes: Hummus, Falafel, Tahini



## Cake Decorating for Beginners **NEW**

Learn tips and tricks to take your cake decorating skills from non-existent to totally impressive!

Ages 12+.

**Instructor:** Maggie McGrath, The Sweet Life

**Rome:** Oct. 19 • Sa. • 1-4 p.m. • \$75

## Cookie Decorating for Beginners

Learn the art of professional cookie decorating with this course, which will touch on the basics of baking cookies and tricks of the trade, then will focus on cookie decorating with hands-on lessons in various techniques. Create a variety of designs to bring home at the end of class. Ages 12+.

**Instructor:** Maggie McGrath, The Sweet Life

**Various Options:** \$65

**Rome:** Halloween Cookies • Oct. 24 • Th. • 6-8 p.m.

**Utica:** Halloween Cookies • Oct. 26 • Sa. • 10 a.m.-noon

**Utica:** Holiday Cookies • Nov. 23 • Sa. • 10 a.m.-noon

# Language & Culture

## Conversational Italian for Travel **NEW**

Learn how to express yourself comfortably in Italian with practical, everyday words when you travel to 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:** Oct. 2-Nov. 20 • W • 6-7:30 p.m. • \$100

## Basic Italian **NEW**

This fun, interactive course is designed for beginner students. Through simple dialogues and conversations, you'll improve your listening and comprehension skills and learn how to structure sentences with ease on your own. Cultural insights are included in each lesson. Textbook required, "Nuovo Espresso 1" by Luciana Ziglio, Giovanna Rizzo. Students only need the basic textbook, which includes access to the audio online.

**Instructor:** Marta Formagnana

**Rome:** Sept. 24-Nov. 12 • T • 6-7:30 p.m. • \$100

## Conversational Spanish for Beginners

Practice the building blocks of the language and common idiomatic expressions. You'll also learn enough vocabulary and grammar for simple conversations and how to ask and answer questions.

**Instructors:** Cristina Sempé, Wayne Seifried

**Online Asynchronous:** Sept. 3-Nov. 1 • \$290

**Utica:** Oct. 8-Nov. 26 • T • 6-8 p.m. • \$100

## Introduction to the Russian Language

Learn the Russian alphabet and how to communicate basic information. Topics include basic greetings, family, weather, time, and food. Russian culture and history also will be discussed.

**Instructor:** Wayne Seifried

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

## Sign Language for Beginners

This course provides an overview of deaf culture and basic sign vocabulary and conversation protocol.

Use games, videos, and conversation to learn these important skills. Textbooks are included.

**Instructor:** Deborah Pardi

**Utica:** Sept. 16-Oct. 23 • M, W • 6-7:30 p.m. • \$100

## Sign Language Level 2

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

**Utica:** Oct. 28-Dec. 9 • M, W • 6-7:30 p.m. • \$100

No class Nov. 27.

# Personal Safety

## Defensive Driving

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

Utica: Sa. • 9 a.m.-4 p.m. • \$40

Option 1: Sept. 14

Option 2: Oct. 12

## Women's Self-Defense

This clinic covers common scenarios women face, presented in a fun and empowering way. Focus on highly effective methods to avoid, manage, and survive physical encounters. No experience required.

All females are welcome.

Instructor: Tom Arcuri

Utica: Oct. 25 • F • 6-8 p.m. • \$35

## Confrontation Management Clinic

The FailSafe Method clinic teaches how to avoid, manage, and survive potentially violent encounters. It emphasizes behavioral and verbal skills, boosting your confidence and competence in everyday confrontations. No experience required.

Ages 12+.

Instructor: Tom Arcuri

Utica: Nov. 8 • F • 6-8 p.m. • \$35

## General Self-Defense for Teens and Adults

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

Ages 13+.

Instructor: Tom Arcuri

Utica: Oct. 18 • F • 6-8 p.m. • \$35

## Senior Self-Defense

This course will cover the most common scenarios senior citizens may face in their everyday lives. Learn highly effective and efficient methods the average senior can utilize to avoid, manage, and survive potentially violent encounters. No experience is required.

Ages 55+.

Instructor: Tom Arcuri

Utica: Sept. 27 • F • 5-7 p.m. • \$35

## Weapons Protection Clinic

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

Ages 12+.

Instructor: Tom Arcuri

Utica: Dec. 6 • F • 6-8 p.m. • \$35

## Aquatics

## SWIMMING LESSONS



## ADULT AQUATICS

Go online for our full swim lesson schedule: [mvcc.edu/cced](http://mvcc.edu/cced)



Go online for our full Adult Swim schedule: visit [mvcc.edu/cced](http://mvcc.edu/cced)

- Adult Learn to Swim
- Water Aerobics
- Water Running
- Lane and Lap Lovers
- Lifeguard and Water Safety Instructor Training

# College for Kids and Teens

## Drone Adventures

Curious about drone careers? Learn the basics of drone flight and regulations. Start with a flight simulator, then fly a real drone! Explore drone components and FAA regulations. The camp ends with fun activities, including an obstacle course.

**Instructor:** Joe Gendron

**Rome:** Oct. 19 • Sa. • **\$80**

**Ages 9-11 • 9 a.m.-Noon**

**Ages 12-16 • 1-4 p.m.**



## Kids in the Kitchen: Halloween Edition

Join us this fall for a fun and spooky Halloween-themed cooking class designed especially for kids! In this interactive session, young chefs will learn to create delicious and “scary” treats perfect for the Halloween season.

**Instructor:** Melissa Zeina

**Rome:** Oct. 19 • Sa. • **\$60**

**Ages 8-11 • 9 a.m.-Noon**

**Ages 12-16 • 1-4 p.m.**

## Test Prep

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

## Your truck-driving career starts at MVCC!

We're excited to be partnering with 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.

For more information or to enroll, visit [mvcc.edu/cced/tractor-trailer.php](http://mvcc.edu/cced/tractor-trailer.php).



## 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.
- For more information on Community Education sponsorships, contact MVCC's Institutional Advancement office: 315-792-5555.

### Sponsorship disciplines include:

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





# Classes for 50+

On the road to retirement? Sample these options with the Center for Corporate and Community Education and the Mohawk Valley Institute for Living in Retirement! MVILR is housed at MVCC's Rome Campus with dedicated classrooms, state-of-the-art event spaces, and free parking. Membership provides access to a wide variety of classes. Learn more at: [mvcc.edu/mvilr](http://mvcc.edu/mvilr) or call 315-334-7761

## Retiring to Rewiring Series **NEW**

Retirement is one of the most highly sought-after phases of life but also one of the most challenging and least understood. Reframing the narrative requires a plan including wellness, community, and purpose. Get ready to live your best years and stop working for the weekend with this series of courses — take one or all three!

**Instructor:** Lorin Williams

**Class 1:** Understanding and Undoing Negative Stereotypes of Aging, Mindfulness, Trusts and Estate Planning, Advanced Care Directives.

**Utica:** Sept. 25 • W • 5:30-7:30 p.m. • **\$30**

**Class 2:** Brain Health, Cognitive Reserve & Understanding Normal Cognitive Aging, Alzheimer's & Other Dementias, Living Options: Aging in place, assisted living, retirement communities.

**Utica:** Oct. 9 • W • 5:30-7:30 p.m. • **\$30**

**Class 3:** Monitoring Retirement Goals, Mastering the Art of Self-Renewal, Reframing & Repurposing Transitions, Financial Aspects of Pre-and-Post Retirement Planning.

**Utica:** Nov. 6 • W • 5:30-7:30 p.m. • **\$30**

## Tech-Savvy Seniors

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

**Instructor:** Shawn Essafi

**Various Locations** • 9 a.m.-Noon • Sa. • **\$40**

**Utica:** Sept. 28

**Rome:** Oct. 19

## Get Paid To Be A Tour Guide & Travel Free

**NEW**

Turn your love of travel into income as a tour guide or director. This online course will teach you how to put together your own tours and market them to friends, family or the public. Learn the qualifications needed to be a tour guide, tips on getting a job in the industry, how to design excellent tours and negotiate group discounts, and how to successfully promote your tours. Tuition includes the instructor's 100-page digital book, "Get Paid to be a Tour Guide & Travel Free" (retail value \$39.95).

**Instructor:** Gina Henry

**Online Live:** Nov. 9 • Sa. • Noon-3 p.m. • **\$50**

## Mystery Shopping: Get Paid to SHOP!

Get paid to shop at almost every local store, plus many online shopping assignments you can do from home. Learn how to avoid scam companies and work for the best mystery shopping companies that pay the most. Get the contact information for the top 100 mystery shopping companies. Tuition includes the instructor's ebook (retail value \$39.95).

**Instructor:** Gina Henry

**Online Live:** Nov. 16 • Sa. • Noon-3 p.m. • **\$50**

## Get Paid To Talk

This workshop is an upbeat and realistic introduction to voice acting. Learn the types of voiceovers, what it's like to work in a studio, in-demand voice types, where to find opportunities close to you, and industry pros and cons. You will have an opportunity to record a voiceover for playback at the end of class.

**Utica:** Oct. 8 • T • 6:30-9 p.m. • **\$40**

## Introduction to Fiction Writing

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

**Instructor:** Jacqui Lipton

**Online Asynchronous:** Sept. 3-27 • **\$195**

## More Options for the 50+ Crowd

We have lots of other classes for those 50+ this fall:

- Chair Yoga, page 8
- Tai Chi, page 9
- Meditation, page 9
- Journaling for Life, page 10
- Senior Self-Defense, page 12





# LEARN TO RIDE AT MVCC

For more information or to enroll, visit [gomotorcycling.net](http://gomotorcycling.net) or call Go Motorcycling, Inc. at 315-858-3321.



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)

The BRC consists of five hours of independent online learning and at least 11 hours of hands-on riding instruction. This course provides the beginning motorcyclist with the basic mental and physical riding skills necessary to minimize risk on the street. Motorcycles and helmets are provided. Successful participants will receive a motorcycle road test waiver.

## 3-Wheeled Basic RiderCourse

The 3WBRC is an entry-level course comprised of eight hours of interactive classroom learning and about eight hours of hands-on riding instruction on automatic transmission 3-wheeled motorcycles (two wheels in front and one in back). Your successful completion qualifies you for a three-wheeled Motorcycle License Road Test Waiver of the NYS DMV Road Test. Your licensing document will restrict you to three-wheeled motorcycle operation.

## 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)

The BRC2-LW is designed for individuals 18 years or older that already have some street riding experience and have held a valid New York State Motorcycle Permit for at least one riding season. The course consists of a three-hour online eCourse, two hours of classroom instruction, and approximately five hours of practice riding exercises on your own street-legal motorcycle or scooter. The riding exercises conclude with a skills evaluation. Successful participants will receive a motorcycle road test waiver.

## Basic RiderCourse 2 for Skills Practice (BRC)

The BRC2 is a half-day class for experienced riders who already have their motorcycle endorsement. Using your own motorcycle, you'll practice techniques for managing traction.

## MSF RiderCoach Preparation Course (RCPC)

Are you a "people person?" Do you love motorcycling? Are you committed to riding safely? Maybe you'd like to join the Go Motorcycling family of MSF-certified RiderCoaches. Each RCP lasts eight days.



Center for  
Corporate &  
Community Education

## 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

### Categories Include:

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

JUMP START YOUR CAREER OR FIND A NEW ONE!

Visit our website for program details!

[careertraining.ed2go.com/mvcc](http://careertraining.ed2go.com/mvcc)

## INSTRUCTOR-MODERATED OR SELF-GUIDED ONLINE SHORT COURSES

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

- 6 Week Format
- Discussion Areas
- Monthly start sessions
- Student advisors

### Categories Include:

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

Visit our website for program details!

[ed2go.com/mvcc](http://ed2go.com/mvcc)

# FastTrack

Career Program

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

### 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, registering for NYS ATAS, and job search and interview resources.

Utica • M-Th. • 8:30 a.m.-1:30 p.m.

Option 1: Oct. 7-10 • 4-9 p.m.

Option 2: Nov. 4-7 • 8:30 a.m.-1:30 p.m.

### Childhood/Adolescent Education Phase 1

The Phase 1 microcredentials in Childhood Education consist 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.

Phase 1 students will complete the following courses:

EN101 • In-person and online options available

ED150 • In-person options available

PY101 • In-person and online options available

### Childhood/Adolescent Education Phase 2

The Phase 2 microcredentials in Childhood Education consist 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.

Phase 2 students will complete the following courses:

HI214 • T, Th. • 12:45-2:10 p.m.

ED205 • M, W • 4-5:25 p.m.

ED211 • T, Th. • 4-5:25 p.m.

### Robotic, Automation and Manufacturing

Learn about manufacturing technician careers and common maintenance processes. Engage with regional employers and prepare for advanced training and entry-level assembly/operator careers. Includes four-hour online Power Skills training, as well as off-site tours to visit local employers.

Utica • Dec. 9-12 • M-Th. • 4-9 p.m.

### Manufacturing Technician

This program introduces a simulated manufacturing execution system, helping to accelerate your journey into roles within automated manufacturing environments. Learn about safety principles, measurement methods, modern manufacturing processes and production methods, and maintenance procedures. Hands-on labs offer opportunities to develop competence in troubleshooting and repairing basic electrical and mechanical systems used in industry.

Utica • Aug. 26-Dec. 6 • T, 6-9 p.m. • Th., 6-10 p.m.

### Entry Level Machining

This training consists of 120 hours of prep on CNC machining and Metrology, OSHA 10, and six sigma white belt certifications, and provides employability coaching to prepare you for entry-level employment. Assistance in job placement also will be available.

Utica • Dates TBD

### Welding Prep

Learn about welding/fabrication careers and various welding techniques. Engage with regional employers and prepare for advanced training and entry-level fabrication careers. This session will include off-site tours to visit local employers.

Utica • Dec. 9-12 • M-Th. • 4-9 p.m.

Utica • Aug. 12-15 • M-Th. • 4-9 p.m.

### Intro to Structural Welding

Learn about theory and practice of shielded metal arc welding (SMAW/ARC), a technique commonly used for structural welding purposes. Course includes both classroom and hands-on instruction.

Utica • Aug. 26-Nov. 6 • M, T, W • 6-9:40 p.m.

### Intro to Fabrication Welding

Learn about theory and practice of gas tungsten arc welding (GTAW/TIG) and gas metal arc welding (GMAW/MIG), and techniques often used for fabrication welding purposes. Course includes classroom and hands-on instruction.

Utica • Aug. 26-Dec. 6 • Sa. • 8 a.m.-4 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.

Utica • Sept. 9-12 • M-Th. • 8:30 a.m.-4:30 p.m.

*Individual Security Guard Trainings available (page 3)*

## Pharmacy Technician

This comprehensive 48-hour course will prepare you to enter the pharmacy field and take the Pharmacy Technician Certification Board exam. Technicians work in hospitals, home infusion pharmacies, community pharmacies, and other healthcare settings under the supervision of a registered pharmacist. Content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions, and defining drugs by generic and brand names. Learn dosage calculations, IV flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control, and billing and reimbursement. To enroll, you must be at least 17 years old. To obtain certification, you must be at least 18 and hold a high school diploma or equivalency.

Rome • Sept. 10-Oct. 17 • T, Th. • 4-8 p.m.

## Phlebotomy

This course will familiarize you with various aspects of the medical laboratory and provides the skills and certificate required to work as a phlebotomist in a hospital, laboratory, or medical office. 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 insurance fee. Purchasing the textbook is optional but recommended. A high school diploma or equivalency is needed for employment.

Instructors: Rachel Canarelli, Ann Wainwright

Utica • Sept. 16-Nov. 13 • M, W • 5:30-8:30 p.m.

(No class Oct. 14, Nov. 11)

## Bookkeeping Basics **NEW**

Tracking financial transactions for any business is essential. Whether you are looking to advance in your career, or you're a business owner, this course will help you if you are looking to understand the numbers. The Basics of Bookkeeping course will help you understand, and know how to record, every cent that comes into and out of your business. You will learn the bookkeeping terminology as well as what it means to keep track of the numbers. Introductory QuickBooks will be included.

Instructor: Julianne Cardone

Rome • Aug. 26-Dec. 6 • T, Th. • 6-8 p.m.

## Brewing Fundamentals Certificate **NEW**

Learn the process of brewing to enhance your small business or take your home-brewing to the next level. Go from bucket to barrel in this seven-week course, which covers malt, water chemistry, hops, yeast, brewhouse workflow, and quality testing. Learn how the science meets the art of brewing to create quality beer and how some principles also apply to wine, cider, and distilled spirits. Participants who successfully complete all seven sessions will receive a certificate. Must be 21+ to attend.

Rome • Sept. 10-Oct. 22 • T • 6-9 p.m.

Utica • Oct. 29-Dec. 10 • T • 6-9 p.m.

## TO ENROLL AND REQUEST INFORMATION

### Contact:

Terésa Fava-Schram  
tfavaschram@mvcc.edu

Rachel Maiolo  
rmaiolo@mvcc.edu.

[mvcc.edu/fast](https://mvcc.edu/fast)



## 5 ways to register for non-credit courses

- **Register online** using Visa, MasterCard, or Discover! Go to [mvcc.edu/cced](http://mvcc.edu/cced) and click the registration link.
- **Call us at 315-792-5300.**
- **Fax to 315-792-5682.** Use registration form. Payment by credit card only.
- **Fill in the form** and mail to the address below along with a check or email it to [ccedadmin@mvcc.edu](mailto:ccedadmin@mvcc.edu). Make checks payable to MVCC. Credit card information can be taken over the phone at 315-792-5300.
- **Register in person** at the Center for Corporate and Community Education, Academic Building room 166, Utica Campus.
- **Email us at [ccedadmin@mvcc.edu](mailto:ccedadmin@mvcc.edu)** with questions or for more information.

## CANCELLATION/REFUND POLICY

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

- **100% refund:** withdraw three or more business days before class begins
- **50% refund:** withdraw two days or less before class begins (for classes costing less than \$20, your refund is tuition minus a \$10 fee)
- Consideration for withdrawal requests after the first class session must be made in writing to the Center for Corporate and Community Education.

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

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

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

**Cancellation Policy for Online Asynchronous Classes:** If you wish to cancel an online asynchronous class registration, you may receive a full refund up to the end of the second week of your class. After that, refunds only will be made for extenuating or special circumstances.

## 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 * <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Non-binary <input type="checkbox"/> Prefer Not to Answer		* Ethnicity Identity <input type="checkbox"/> White Non-Hispanic <input type="checkbox"/> Black Non-Hispanic <input type="checkbox"/> Hispanic <input type="checkbox"/> Asian/Pacific Islander <input type="checkbox"/> American Indian or Alaskan Native <input type="checkbox"/> 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		Signature	
Name on Card (print)			
Credit Card Number	Exp. Date	CVV	Date
<input type="text"/>	<input type="text"/>	<input type="text"/>	

# 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](http://mvcc.edu/tickets)  
All events go on sale at:  
10 a.m. Aug. 21

## SEPTEMBER



### Workshop: Drawing a Portrait w/ MVCC Professor Jed Kimball \$

Learn the foundational steps for drawing a portrait then work on those skills during this workshop. All materials will be provided. No experience necessary.

Utica • Sept. 4 • W • 1 p.m. • AB279

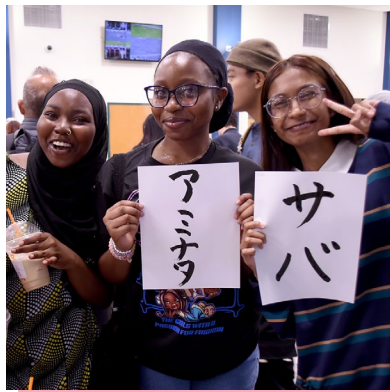
\$5 general • \$2 MVCC employees

### Art Exhibit: Old Dog New Tricks

Artworks from MVCC's School of Art Faculty, featuring a variety of media, including painting, drawing, sculpture, graphic design, and photography. The work will explore the themes of artmaking using new processes and offer a glimpse into the creative minds of the artists.

Utica • Sept. 5 • Th. • 1 p.m. • Juergensen Gallery, WH

FREE!



### International Student Reception

Meet, socialize with, and learn about students who came to MVCC from all over the world. Gain intercultural perspective while enjoying international hors d'oeuvres in an open reception format. All are welcome!

Utica • Sept. 10 • T • 1-2 p.m. • Quad FREE!

### Performance: Hypnotist Nadeen PB

Combined skill, experience, and passion make Nadeen's award-winning comedy hypnosis show the perfect combination of funny, fascinating, and smart!

Utica • Sept. 10 • T • 8:30 p.m. • Snack Bar, ACC FREE!

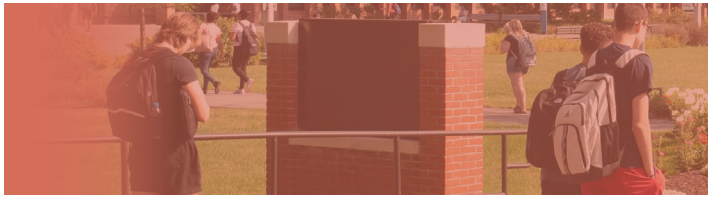


### Workshop: Portrait Photography w/ MVCC Professor Jerome LaLonde \$

Learn fundamental steps for photographing various subjects, then apply these skills in the photography studio. All material provided. No experience necessary. Tickets are limited.

Utica • Sept. 11 • W • 4 p.m. • AB273

\$5 general • \$2 MVCC employees



## Artist Talk: Painting Tattoos with Shawn Barber **\$**

Renowned artist Shawn Barber shares his intimate renditions of tattooed individuals that capture both meticulous brush strokes and loose energy, reflecting his admiration for tattoo history and the individuals who define its rich past.

Utica • Sept. 12 • Th. • 6 p.m. • WH225

**\$5** general • **\$2** MVCC employees

## Gratitude Week

Giving thanks feels good. It also does good. Gratitude practices have been linked to an increased sense of well-being, self-worth, and self-efficacy. They have also been shown to decrease feelings of anxiety, depression, and loneliness by connecting us to others. Help us prepare for World Gratitude Day by building community and giving thanks. Join us at events across campus to give thanks and build a better world.

Utica • Sept. 16-20 • 10 a.m.-2 p.m. • Lobby, PH **FREE!**

## Hawks Got Talent **PB**

A new version of open mic night where everyone can showcase their talent. This event is open to performers and spectators of all ages. Instrumentalists, singers, dancers, storytellers, poets, jugglers, magicians, and others are welcome!

FOR MATURE AUDIENCES ONLY.

Utica • Sept. 17 • T • 8 p.m. • Schafer Theater, WH **FREE!**

## Performance: Strings Attached **PB**

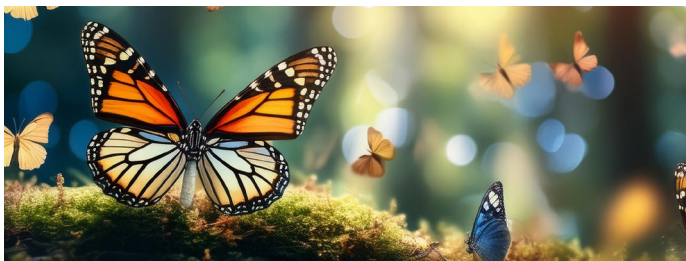
An acoustic cover music duo whose genres know no bounds — pop, funk, soul, rock, country, R&B, and more!

Utica • Sept. 18 • W • Noon • Snack Bar, ACC **FREE!**

## Special Event: Butterfly Garden **PB**

A butterfly garden is a high enclosed screen inflatable that houses different species of butterflies. Participants can hand-feed the free-flying butterflies using a nutrient-based butterfly nectar. When the event is completed, the butterflies are released back into their natural habitat.

Utica • Sept. 19 • Th. • Noon • Quad **FREE!**



## An Evening with Danny Franzese, the original Damian from “Mean Girls” **\$**

Grab your friends, pick out your best pink outfit, and join us for an evening with “Mean Girls” star Danny Franzese! Best known for his role as Damian in the 2004 cult hit, the actor, writer, director, and comedian has become an influential voice in the LGBTQ+ community. His high-energy act — a blend of stand-up comedy and Q&A — brings all the lovability of his characters and himself to the stage.

Utica • Sept. 19 • Th. • 7 p.m. • Schafer Theater, WH

**\$15** general • **\$10** MVCC employees

## Volunteer and Internship Fair

Engage with and give back to your community while gaining professional experiences as a volunteer or intern. Regional organizations will showcase volunteer and internship opportunities for college and community members.

Utica • Sept. 25 • W • Noon • Snack Bar, ACC **FREE!**

## Make & Take Workshop: Copper Pendants w/ Elemental Fae **\$**

Join Kiersten Anderson of the Elemental Fae for a beginner wire-wrapping class. Limited spots available.

Utica • Sept. 25 • W • 6 p.m. • WH225

**\$20** general • **\$15** MVCC employees

## Remembering Paul Cruskie

MVCC lost longtime Drama Professor Paul Cruskie in May. To honor his memory, we are inviting his former students to gather to share a memory and participate in a reading of “Spoon River Anthology.” Expect two rehearsals, the first on Sept. 24 and the second two hours prior to showtime. To be part of the event, email MVCC Professor Emeritus Jim Gifford at [jgifford@mvcc.edu](mailto:jgifford@mvcc.edu).

Utica • Sept. 26 • Th. • 7 p.m. • Schafer Theater, WH **FREE!**

## Black Lite Mini Golf Night **PB**

Enjoy a nine-hole mini golf course with loops, curves, bridges, and ramps!

Utica • Sept. 26 • Th. • 8:30 p.m. • Snack Bar, ACC **FREE!**

# OCTOBER

## Fresh Pasta 101 w/ Chef Dustin Swiss **\$**

Learn how to make pasta dough, fettuccine, angel hair, and seasonal butternut squash ravioli!

Rome • Oct. 1 • T • 6 p.m. • Dining Community Hall, PC

**\$5** general • **\$2** MVCC employees

## International Café & Conversation: 30+ Years Post-War: Where is Bosnia Now?

MVCC Professor Dina Radeljas will share her insights from recent travels to Bosnia.

Utica • Oct. 9 • W • 12:30 p.m. • WH225 **FREE!**

## Exhibit: Coming Out Day

Celebrate the LGBTQ+ community and support those 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. 11 • F • 10 a.m.-2 p.m. • Lobby, WH **FREE!**

## Comedian Mike Paramore **PB**

Mike Paramore’s natural ability to infuse everyday situations with energetic, uplifting humor is key to his personal brand of comedy. His smooth delivery and powerful punchlines make him a force in stand-up, which is very apparent in his debut album “The Things We Tell Ourselves,” available now on iTunes and Amazon.

Utica • Oct. 15 • T • 8:30 p.m. • Snack Bar, ACC **FREE!**

## Art Exhibit: Bradford

Mother and daughter engage in a dialogue that processes the loss of their childhood home. In this exhibit, MVCC Professor Christine R. Miller and her daughter Terra Zook use objects, photographs, and paintings that invite the viewer to explore layers of emotional similarity and divergence.

Utica • Oct. 17 • Th. • 1 p.m. • Juergensen Gallery, WH

**FREE!**

## MVCC Drama Club Production: Two Comedies by Christopher Durang **\$**

“The Actor’s Nightmare” involves an accountant who is mistaken for an actor’s understudy and forced to perform in a play for which he doesn’t know any of the lines.

“Naomi in the Living Room” involves Naomi, who when visited by John and Johnna, her son and daughter-in-law, is alternately friendly and insulting. Directed by MVCC Assistant Professor Thomas Schink.

Utica • Oct. 17, 18 • Th., F • 7:30 p.m. • Schafer Theater, WH

Utica • Oct. 19 • Sa. • 2:30 p.m. • Schafer Theater, WH

**\$5** general • **\$2** MVCC employees

## Workshop: Exploring Creativity w/ Bernie Freytag

Noted Author and Artist Bernie Freytag (MVCC '90) shares his artist journey and creative process before collaborating with attendees in creative explorations. This event is a great opportunity for anyone interested in learning more about the creative process and how to embrace their own creativity.

Utica • Oct. 23 • W • 1 p.m. • WH225 **FREE!**

## Ghost Hunter John Zaffis **PB** **\$**

Paranormal Investigator John Zaffis of the SYFY Channel’s “Haunted Collector” will talk about his 40 years of experience studying and investigating the paranormal.

Utica • Oct. 24 • Th. • 6 p.m. • Schafer Theater, WH

**\$10** general • **\$5** MVCC employees

## Family Fun Series: MVCC’s Pumpkin Party **\$**

Bring the kids in costume to paint their own mini pumpkins, have some treats, and meet (and dance!) with Wednesday Addams and Jack Skellington.

Utica • Oct. 26 • Sa. • Noon-1:30 p.m. • Lobbies, WH

**\$10** per child



## Trick-or-Treat Street

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

Rome • Oct. 29 • T • 4-6 p.m. • PC Atrium **FREE!**



## International Café & Conversation: Explore Japan

Explore Japan from the perspective of both a native and a foreigner as Aiko Kane and Dave Marlena share cultural aspects and travel tips, spotlighting a bicycle trip on one of Japan's most popular National Cycle Routes.

Utica • Oct. 29 • T • 2:30 p.m. • WH225 **FREE!**

## Workshop: Camera Obscura Direct Print

**\$**

Learn about the camera obscura with Todd Behrendt, Dean of MVCC's School of Art, and be a part of a demonstration for exposing and developing a large-scale print. All materials will be provided.

Utica • Oct. 31 • Th. • 2 p.m. • AB273

**\$5** general • **\$2** MVCC employees

# NOVEMBER



## Extra Life: Play Games to Change Kids' Health

Join the MVCC Extra Life community by playing games or watching gaming events as we fundraise to Change Kids' Health to Change the Future. All are invited to drop in and learn a new game or two, participate in tournaments, or watch video game speed runs. All funds raised go to the MVHS Foundation for children's equipment and supplies.

Utica • Nov. 9 • Sa. • 10 a.m.-4 p.m. • Lobbies, WH **FREE!**

## Workshop: Kickboxing 101 **PB** **\$**

Renegade Kickboxing LLC emphasizes strengthening both the mind and the body, incorporating intention setting, mindfulness, and breath work in this high-energy, HIIT-style fitness class led by Renegade's BreAnne Rauscher with optional drop-in circuit, to empower you to drop the dead weight life has you carrying.

Utica • Nov. 13 • W • 7 p.m. • Snack Bar, ACC

**\$5** general • **\$2** MVCC employees

## Black Light Casino Night **PB**

Casino games include Blackjack, TX Hold 'Em (poker), Big Money Wheel, Chuck-A-Luck, and Roulette.

Utica • Nov. 2 • Sa. • 8:30 p.m. • Snack Bar, ACC **FREE!**

## Make & Take Workshop: Soap & Lip Balm **\$**

Design your own soap and create your own lip balm to take home in this workshop led by MVCC Chemistry Instructor Devin Sonne, who manufactures and sells her own line of soaps. Visit [devinneedsahobby.com](http://devinneedsahobby.com).

Utica • Nov. 6 • W • 6:30 p.m. • WH225

**\$5** general • **\$2** MVCC employees

## Trans Day of Remembrance

Join us in honoring those whose lives have been lost due to transphobia. There will be a ceremony of remembrance, community speakers, and time for discussion and fellowship.

Utica • Nov. 20 • W • 6:30 p.m. • WH225 **FREE!**



# DECEMBER

## Special Event: World AIDS Day

Join us for a brief ceremony to honor the lives lost to AIDS and uplift continuing efforts to prevent and treat HIV locally and worldwide. Panels from the AIDS Memorial Quilt with relationship to the Mohawk Valley will be available to view. To request a panel in honor of a loved one, please email your requests to [jfanelli@mvcc.edu](mailto:jfanelli@mvcc.edu) by Sept. 29. Quilt panels will be on display from Dec. 2-6.

Utica • Dec. 2 • M • 4 p.m. • Lobby, PH **FREE!**



## MVCC Drama Club: Cabaret Night

Join the MVCC Drama Club and other members of the campus community as they put on a variety show of skits, songs, scenes, and more!

Utica • Dec. 3 • T • 7 p.m. • Schafer Theater, WH

**FREE!**

## Special Event: MVILR Speaker Series

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

Rome • W • 10:45 a.m. • Festine Auditorium **FREE!**  
Sept. 25 • Oct. 2, 9, 16, 23, and 30 • Nov. 6 and 13

# YOU BELONG



[mvcc.edu](http://mvcc.edu)

## NEW PROGRAMS = NEW OPPORTUNITIES AT MVCC

Mohawk Valley Community College has announced the launch of several new programs tailored to meet the evolving demands of both students and our regional workforce. These new programs are designed to equip learners with specialized skills in high-demand fields, empowering them to succeed in today's dynamic job market.

“We are excited about these new offerings,” said Dr. Lewis Kahler, Vice President for Learning and Academic Affairs at MVCC. “We aim for our academic programs to serve the community’s needs, and these programs are comprised of needed updates and exciting additions that grew out of student interest and industry need.”



### Data Analytics

In response to the growing need for more data-savvy professionals, MVCC's School of Business and Hospitality has added a one-year certificate program in Data Analytics, providing a new option for people of the Mohawk Valley to acquire sought-after skills in a rapidly expanding business field. This program provides students with the tools and techniques essential for using data analysis to make strategic business decisions. Through a blend of data science, mathematics, and general business knowledge, students learn to collect, organize, cleanse, and visualize data — all highly sought-after skills in a variety of industries, including marketing, financial management, healthcare, and manufacturing. Whether strengthening the skills of seasoned professionals or priming newcomers for the workplace, this certificate program caters to diverse career goals. It also transfers into MVCC's Business Analytics degree program, offering a pathway for further academic advancement.

The Data Analytics Certificate will be offered starting in the Fall 2024 semester. Learn more: [mvcc.edu/academics](https://mvcc.edu/academics).



## Motion Media AAS degree

The MVCC School of Art has added a Motion Media AAS degree program in response to increased interest in 2D animation and motion graphics. This two-year degree program provides the skills and knowledge required for 2D motion artists to communicate effectively in visual and verbal formats, solve visual problems using creative methodology, and create 2D motion artwork using industry software and technologies. Students also gain advanced knowledge of arts through diverse global, cultural, and historical perspectives. Graduates will be prepared to enter the fields of motion graphics, 2D animation, and creative direction.

The Motion Media AAS degree will be offered starting in the Fall 2024 semester.

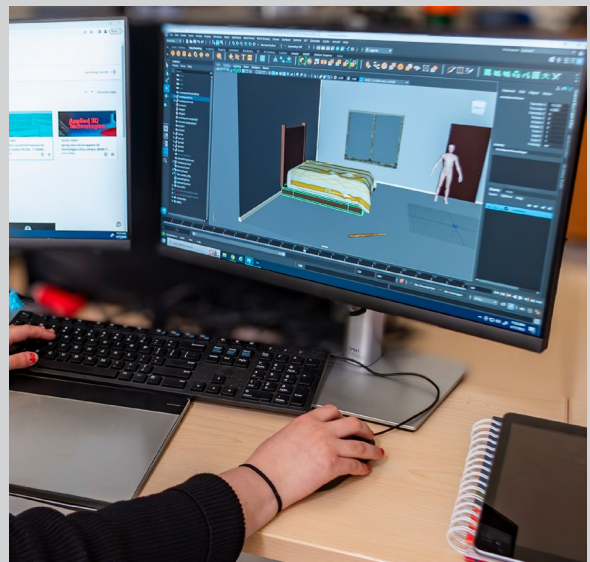
Learn more: [mvcc.edu/academics](https://mvcc.edu/academics).

## Game Art AAS degree

The MVCC School of Art also has unveiled a Game Art AAS degree. This program replaces the Digital Animation degree, which was originally developed in the early 2000s during the infancy of 3D content creation. Since that time, software, concepts, techniques, and processes have evolved substantially, necessitating curriculum changes to reflect current industry practices. The revamped two-year program covers everything from modeling and texturing to lighting, rendering, and animation. New courses simplify and streamline content, giving students more time to explore various topics. For those looking to continue their education, the program aligns with SUNY Polytechnic Institute's IGDA Game Design curriculum.

The Game Art AAS degree program will be offered starting in the Fall 2024 semester.

Learn more at [mvcc.edu/academics](https://mvcc.edu/academics).



## Fashion Design AAS

Catering to a growing interest in fashion-related disciplines, MVCC's School of Art is introducing a Fashion Design AAS degree program focused on the creation of garments and apparel. Designed to prepare students for careers in the fashion industry, the program provides advanced knowledge of the arts through diverse global, cultural, and historical perspectives. Students develop the requisite skills in effective visual communication and problem-solving and the utilization of industry-specific software to create fashion design. Graduates are prepared to become independent fashion designers or enter the workforce as tailors, costume designers, or pattern makers.

The Fashion Design AAS degree program will be offered starting in the Fall 2025 semester.

For more information, contact Todd Behrendt, Dean of MVCC's School of Art, at 315-792-5409 or [tbehrendt@mvcc.edu](mailto:tbehrendt@mvcc.edu).



For more information on all MVCC programs and how to enroll, visit [mvcc.edu](https://mvcc.edu)

# TRADES PROGRAMS AT MVCC



**MVCC offers two-year degree and one-year certificate programs in various trades with opportunities for experiential and applied learning through community projects, internships, and apprenticeships.**

Between the rising costs of college tuition and shifts in the job market, many students are realizing the benefits of skilled trades, which provide training and education in practical fields. Most students emerge from these programs with little to no debt and a marketable skill, and many have jobs within one year of graduation. “MVCC has a long and proud tradition of offering high-quality technical training, as the state’s first community college,” said Joe Woodrow, Dean of the School of STEM-Career. “Our students get hands-on experience in outstanding facilities and learn from dedicated, knowledgeable faculty who have experience in the field.”



# AVAILABLE OPTIONS



## Airframe and Powerplant Technician Certificate

**Three semesters**

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

## Carpentry and Masonry Certificate

**Two semesters**

Located at MVCC Carpentry and Masonry in Downtown Utica, this program combines lectures with labs and on-site sessions, providing hands-on experience that prepares students to work as carpenters or masons, or even start their own businesses.

## Computer Aided Drafting programs

**AAS degree: Four semesters**

**Certificate: Two semesters**

These programs prepare students for careers as industrial designers and drafters in the technical drawing and solid modeling design fields. Emphasis is placed on architectural and mechanical drafting.

## CNC Machinist Technology Certificate

**Two semesters**

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

## Electrical Service Technician AOS

**Four semesters**

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

## Heating and Air Conditioning (HVAC) programs

**Certificate: Two semesters**

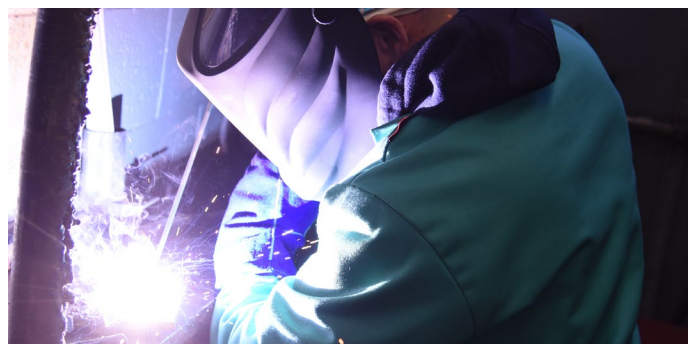
**Refrigeration AOS degree: Four semesters**

Both programs prepare students to enter the workforce as service technicians, installers, lab technicians, and facilities maintenance mechanics in the residential, commercial, and industrial heating and cooling industries.

## Mechatronics Certificate

**Two semesters**

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



## Welding Certificate

**Two semesters**

MVCC's students learn all the major processes, including Oxy-Fuel, MIG, TIG, and Arc Welding, as well as plasma-cutting, fabrication, blueprinting, and blacksmithing, preparing them for welding work and for the NYS Certification Exam.

To learn more about these programs, visit [www.mvcc.edu/academics/stem](http://www.mvcc.edu/academics/stem)



## TYPES OF ASSOCIATE DEGREES

- AS:** Associate in Science, for students who plan to transfer to a four-year college.
- AA:** Associate in Arts, for students who plan to transfer to a four-year college.
- AAS:** Associate in Applied Science, for those seeking to enter the workforce or a four-year college.
- AOS:** Associate in Occupational Studies, for students who intend to enter the workforce.
- Certificate:** For students seeking training for technical or skills-based jobs or career advancement.
- Microcredentials:** Courses that can be taken alone or stacked toward a degree or certificate, for students seeking skills for entry-level employment or per-diem work.

## ARTS

- Digital Media & Marketing **AS**
- Fashion Design **AAS**
- Fine Arts **AS**
- Game Art **AAS**
- Graphic Design **AAS**
- Illustration **AAS**
- Motion Media **AAS**
- Photography **AAS**
- Theater **AA**
- 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**
- Culinary Arts Management: Baking & Pastry Arts **AOS**
- Food Service Administration: Restaurant Management **AAS**

## 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**

## 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**
- Recreation & Leisure Services **AAS**

## EDUCATION

- Liberal Arts & Sciences: Adolescence Education **AS** (Transfer Advising Guide in: Biology, Chemistry, Earth Science, English, History/Social Studies, Mathematics, Physics)
- Liberal Arts & Sciences: Childhood Education **AS** (Transfer Advising Guide 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)
- Liberal Arts & Sciences: Mathematics & Science **AS**: Physical Education Transfer Advising Guide

## (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 **AAS** 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 Guide in: Biology, Chemistry, Environmental Sciences, General Sciences, Math, Physics, Geology)

For information about MVCC student outcomes, financial aid, debt, employment, and more, visit [mvcc.edu/consumer](http://mvcc.edu/consumer).

# WHY MVCC?

**5,700+**  
STUDENTS

**2** CONVENIENT  
CAMPUS  
LOCATIONS

**IN UTICA  
AND ROME**



PROGRAMS  
can be at  
least half-  
completed  
ONLINE

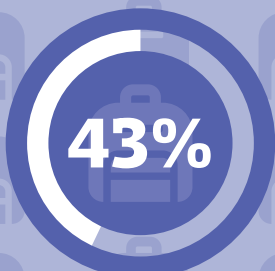
**15+**  
MICROCREDENTIALS  
CURRENTLY OFFERED

**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



FULL-TIME  
STUDENTS

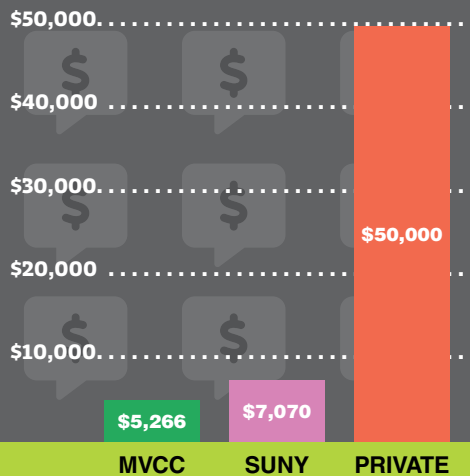


COMMUTER  
STUDENTS



MATRICULATED STUDENTS  
RECEIVE FINANCIAL AID

**AVERAGE TUITION COSTS:**



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



**110** FULL-TIME  
FACULTY

FOUNDED IN



**425+**  
SCHOLARSHIPS  
OFFERED



**40+**  
STUDENT  
CLUBS AND  
ORGANIZATIONS

**26**  
COUNTRIES  
REPRESENTED

**17** INTERCOLLEGIATE  
SPORTS



MOHAWK VALLEY COMMUNITY COLLEGE  
1101 SHERMAN DRIVE  
UTICA, NY 13501

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

# YOU BELONG.

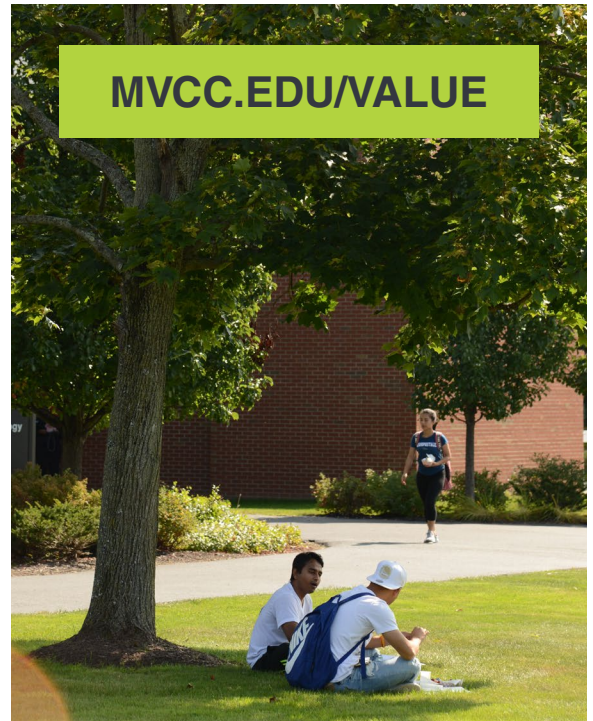
“I was a Nursing major, and every single nursing instructor, clinical instructor, and computer lab teacher I had was truly amazing. They genuinely cared for us. I am the nurse I am today because of the instructors and the program at MVCC.”

Jamie McCumber '06, Nursing

“My academic and athletic experiences at MVCC were unparalleled. The things I learned in the education program far exceeded expectations, and playing for the soccer team taught me that unity and teamwork bring you to great heights and help get you through struggles both on and off the field.”

Madison Vitale '14, Childhood Education

[MVCC.EDU/VALUE](http://MVCC.EDU/VALUE)



“I could not be where I am today without the incredibly cooperative professors, determined students, and convenient operations that make it easy for students to have lives outside of their schoolwork. I truly believe MVCC is an amazing college that pushes opportunity as vigorously as it pushes education.”

Dakota Johnson '17, General Studies