Join us for a fall journey of First-Year Forums! Coming to college might be the greatest change you’ve made in your life so far. You are building a new life, making your own decisions, reshaping your expectations, expanding your sense of self. First-year forums help you along the way as you construct your life at K.

First-Year Forums are designed to help new students:
- achieve academic success
- identify and pursue their passions
- connect with the Kalamazoo College and the greater Kalamazoo communities
- construct complex intercultural understandings
- develop a purpose-filled and balanced life

Forums fall into five groups. All first-year students are required to attend one First-Year Forum in each group. Many attend more. If students attend fewer than five Forums, two percentage points for each Forum missed will be deducted from the final Seminar grade. Mark your calendars and plan ahead to ensure you attend the requisite number of Forums.

- **Group 1: Social Justice and Civic Engagement**
  - More Than a Job (Alison Geist)
    Work off campus! Come learn about paid federal work study positions and unpaid opportunities working with public schools and community based organizations to promote educational equity in the city of Kalamazoo. The Center for Civic Engagement offers over 100 paid jobs- no personal transportation required.
    Tuesday September 12 Week 1 8:00-9:00 PM Dewing 103
  - Not a Bubble: Critical Engagement in the City of Kalamazoo (Alison Geist)
    The Center for Civic Engagement collaborates on initiatives that address health and educational equity, immigrant rights, youth development, young women’s leadership, food justice, neurodiversity, arts in public life, reproductive rights, and neighborhood revitalization. Hear from CCE’s Civic Engagement Scholars (student leaders) and community members and learn how you can contribute.
    Wednesday September 20 Week 2 8:00-9:00 PM Dewing 103
  - Spaceship Building: Creating a Socially Just Future (Jax Gardner)
    In this interactive workshop, participants will creatively and collectively think about what equity and justice look like and what we need in order to build a world where everyone is free. Presented by the Arcus Center for Social Justice Leadership Staff and Student Fellows.
    Thursday September 28 Week 3 4:00-6:00 PM Arcus Center
  - Intimate Partner Violence Awareness – Community Reflection
    October is Intimate Partner Violence Awareness Month. We will remember those in our community who face daily violence as well as the history of K’s own struggle to become a place free of violence.
    Friday October 6 Week 4 11:00-11:50 AM Stetson Chapel
Black Infant Mortality in Kalamazoo (Alison Geist)
What is black infant mortality, and why is it 4.5 times higher than for white infants in Kalamazoo? Learn about this public health issue, how local coalitions are working to address this inequity, and how Kalamazoo College is involved. Presented by the Center for Civic Engagement.
Thursday October 12 Week 5 8:00-9:00 PM

The Promise of Educational Equity (Alison Geist)
The Kalamazoo Promise is a unique, place-based universal scholarship of the Kalamazoo Public School system, introduced in 2005 to address educational inequities, promote higher education and spur economic development. How has it changed the City? Does it work? Join the discussion with K College Promise recipients, community members, and Civic Engagement Scholars.
Tuesday October 17 Week 6 8:00-9:00 PM Dewing 103

Education as a Tool for Transformation (Natalia Carvalho-Pinto and Justin Danzy)
Education provides possibility and hope for the future. Education is also a tool for individual and personal transformation. This forum explores ways in which we can use our education- and our time in college- as a tool for engaging with broader social issues and creating pathways for individual transformation. This workshop will be particularly helpful to first-generation students and will center the lived experiences and voices of minoritized students.
Monday November 6 Week 9 7:30-8:30 PM Hicks Banquet room

GROUP 2: INTERCULTURAL UNDERSTANDING

I’m Here, Now What? Navigating College: A First-Generation Panel Discussion (Natalia Carvalho-Pinto)
This forum features a panel of first-generation upper-class students, as well as faculty/staff who were firsts in their families to attend college. Panelists will address the challenges and joys of being the first in their families to attend college, and share personal experiences/thoughts/advice to help new students develop their own pathways to success. Lunch will be provided.
Wednesday September 20 Week 2 11:00-11:45 AM Hicks Banquet Room

MiKroagressions (Kenlana Ferguson)
What are microaggressions? The main objective of this program is to raise awareness and reflect on the hurtfulness of microaggressions. We hope people leave the program and think about the impact of daily interactions with people who are not in the dominant group that may be perceived negatively. Presented by Dr. Kenlana Ferguson, Counseling Center Director.
Thursday September 28 Week 3 7:30-8:30 PM Hicks Banquet Room
Wednesday November 8 Week 9 7:30-8:30 PM Hicks Banquet Room

Crossing Borders, Engaging Cultures (International Students & CIP)
Learn about Kalamazoo College’s international students, where they come from, and why they chose “K.” This presentation will also highlight some common cultural misconceptions and the shared transitional experience of international and domestic students at “K.” This forum includes Q & A. Presented by Joy Lim, the International Student Peer Mentor, and other international students in collaboration with the CIP.
Wednesday October 4 Week 4 4:15-5:15 PM Dewing 103

Learning Across Borders (CIP)
This forum seeks to get students excited about the wide variety of off-campus learning opportunities through stories, reflections, pictures, and a brief Q&A session. K seniors and juniors will share their study abroad/away experiences and how they shaped their ideas for their future plans. The discussion will introduce the best ways to learn about study abroad/away options as well as program types and the application process. This forum is presented by the Center for International Programs Peer Advisors.
Wednesday October 11 Week 5 7:30-8:30 PM Hicks Banquet Room
Thursday November 9 Week 9 7:30-8:30 PM Dewing 103
GROUP 3: PERSONAL DECISION-MAKING AND HABITS

Understanding Sexual Assault and Consent (Ellen Lassiter Collier)
You may have heard a lot of information about sexual assault on college campuses across the country. Unfortunately, sexual assault occurs at every college, including here at K. During this program we will discuss what sexual assault is, how to ensure that consent is present in a sexual encounter, and the College’s policy and options for support and response. Co-sponsored by Residential Life.

Thursday September 21 Week 2  8:00-9:00 PM  Hoben Hall Lounge
Thursday November 2 Week 8  8:00-9:00 PM  Trowbridge Hall Main Lounge

Shots Fired on Campus (Tim Young)
Mass shootings have become all too commonplace in today’s society, and we have seen repeatedly that college campuses are not immune. Join Director of Campus Safety, Tim Young to watch “Shots Fired on Campus: When Lightning Strikes” and to discuss real life-saving techniques for surviving an active shooter situation.

Tuesday October 3 Week 4  7:30-8:30 PM  Dewing 103
Wednesday October 25 Week 7  7:30-8:30 PM  Dewing 103

What is Resiliency and Why Does it Matter? (Heather Dannison)
Resilient students bounce back from challenges and can face stressors with flexibility. Luckily, resiliency isn’t just a personality characteristic - it can be built! This interactive workshop will discuss elements related to resiliency and discuss ways to increase your resiliency as you start your first year at K.

Monday September 25 Week 3  4:00-5:00 PM  Hicks Banquet Room
Monday October 16 Week 6  6:00-7:00 PM  Hicks Banquet Room

You Need to Take a Minute: Lessons Learned and Relationships Formed (Erika Driver)
This is a space to share our experiences with others in an open and comfortable environment gaining insight into ways to expand our social network utilizing sustainable, achievable, and adjustable strategies. Ideal outcomes will attract the relationships we desire and hopefully that sounds like a good idea!

Wednesday November 1 Week 8  7:30-8:30 PM  Hicks Banquet Room

Staying Healthy at K- and Free Snacks! (Jennifer Combes)
Learn from the Student Health Center staff about how to take advantage of free health services and local resources, and enjoy FREE snacks with Emily, the campus nutritionist. Learn how to use your health insurance most effectively, what free over the counter supplies are available, and how to get STI testing done cheap and easily. Stay for a FREE Flu shot. Sponsored by the Student Health Center.

Tuesday November 7 Week 9  4:00-5:00 PM  Hicks Banquet Room

GROUP 4: CAREER AND PROFESSIONAL DEVELOPMENT

Career? I Just Got Here! (Joan Hawxhurst and Rachel Wood)
During this interactive 40-minute session, students will learn why thinking about “Life After K” matters—even in their first year. Perhaps most importantly, students will see that thinking about the future doesn’t have to be scary. Through real-life examples, common myths associated with “career stuff” will be dismantled.

Tuesday September 12 Week 1  4:00-4:40 PM  Dewing 103
Monday September 25 Week 3  11:05-11:45 AM  Dewing 103
Wednesday October 11 Week 5  11:05-11:45 AM  Dewing 103
Wednesday October 18 Week 6  7:30-8:30 PM*  Hicks Banquet Room
*this session will include pre-Homecoming network practice

Monday October 30 Week 8  4:00-4:40 PM  Dewing 103
Monday November 6 Week 9  11:05-11:45 AM  Dewing 103
GROUP 5: INDEPENDENT SCHOLARSHIP AND ACADEMIC SUCCESS

Conversations with the Writing Center: Strategies for Success (Amy Newday)
Your college classes will require you to write in different disciplines and genres. In this Forum, Peer Writing Consultants will offer a student’s perspective on writing at K and share their strategies for success. Bring writing materials and your questions to this interactive workshop.

Wednesday September 13 Week 1 7:30-8:00PM Dewing 103
Thursday September 14 Week 1 4:30-5:00PM Dewing 103

Managing Your Life and Stress at K (Kenlana Ferguson and Karen Joshua-Wathel?)
Life at K can be very BUSY. Come to learn some basic time management technique and make a plan for staying on top of the quarter, or get yourself on track if you are feeling overwhelmed and behind.

Monday September 18 Week 2 7:30-8:30PM Hicks Banquet Room
Thursday October 26 Week 8 7:30-8:30PM Hicks Banquet Room

Beyond Homework: Financial Literacy 101 (Natalia Carvalho-Pinto and Becca Murphy)
Learning how to balance a budget, save money and apply for aid is an important part of every college students’ experience and success. Come learn basic budgeting skills, tips about financial aid, and get information about resources that can help keep your education more affordable. While all students are welcome to attend, this workshop will be particularly helpful to first-generation students, students creating a budget for the first time, and students applying for financial aid on their own.

Tuesday September 26 Week 3 7:30-8:30PM Hicks Banquet Room

Secrets to Success Revealed (Lesley Clinard)
A conversation with Departmental Student Advisors (DSAs) about the multiple paths to success they have found at K. Advice on achieving breadth in your education, choosing interesting courses, trying new things, deciding on a major, balancing co-curricular activities, learning from failure and the importance of having a Plan B, while integrating what you love and want to do will be shared. Led by Lesley Clinard, Academic Advising, and the DSAs.

Monday October 2 Week 4 4:15-5:15PM Dewing 103

Learning How to Learn (Patrik Hultberg)
A discussion of how to best use your limited time to maximize learning and academic success. Many common study techniques (summarizing, highlighting, rereading) are actually ineffective! We discuss several learning strategies that allow you to learn and remember more in less time. Led by Patrik Hultberg, Coordinator of Educational Effectiveness.

Wednesday October 19 Week 6 4:00-5:00PM Mandelle, Olmsted Room

How I Built My K-Plan: A Conversation with Departmental Student Advisors (Dana Jansma)
Hear from some of our outstanding DSAs about their life at K thus far. They will be available to answer such questions as, “How did you choose your major and plan for study abroad and your senior individualized project? What are the most interesting classes you have taken? Why is it important to explore across the liberal arts? How do your co-curricular activities connect to your academic interests?”

Saturday October 28 Week 7 3:00-4:00PM Dewing 103