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 do not attend at least one Forum in each group, 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 at least one Forum in each group.

- **Group 1: Social Justice and Civic Engagement**
- **Group 2: Intercultural Understanding**
- **Group 3: Personal Decision-Making and Habits**
- **Group 4: Career and Professional Development**
- **Group 5: Academic Success and Independent Scholarship**

Tickets will be available at each forum to fill out to track attendance (see “Tips and Tricks” on the last page). Students must arrive on time and stay for the entire forum in order to receive credit.

### GROUP 1: SOCIAL JUSTICE AND CIVIC ENGAGEMENT

**More Than a Job (Coordinator: Emily Kowey)**

The Center for Civic Engagement is the largest employer on campus- AND we’ll take you off-campus to learn more about the city of Kalamazoo. Join over 100 K students who work every week with Kalamazoo Public School students and adult learners in community centers, public housing, and schools. Come learn about great part-time jobs from the Civic Engagement Scholars (student leaders). You must make a commitment to work a minimum of four hours per week.

- **Tuesday September 11 Week 1 7:30-8:30pm Dewing 103**

**Not a Bubble (Coordinator: Emily Kowey)**

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.

- **Thursday September 13 Week 1 7:30-8:30pm Dewing 103**

**Conspicuous by Their Invisibility: Establishing a College in the Era of Indian Removal (Coordinator: Arcus Center)**

Anne Dueweke (Director of Grants, Fellowship, and Research at K) will give an account of the founding years of Kalamazoo College in the early to mid-1800’s, describe the interactions of the College’s founders with Indigenous people, and explain how white settlement affected the Potawatomi and Ottawa people living here.

- **Tuesday September 18 Week 2 7:30-8:30pm Arcus Center**

**National Voter Registration Day (Coordinator: Emily Kowey)**

Why should you register to vote? Why should you vote? Come hear from student, faculty, staff, and community members on the importance of registering to vote!

- **Tuesday September 25 Week 3 7:30-8:30pm Dewing 103**
An Evening with Angela Davis (Coordinator: Arcus Center)

Angela Davis is an activist, scholar, and writer who advocates for the oppressed. She has authored several books including Freedom is a Constant Struggle. This talk coincides with the opening of On the Inside Out, an exhibit on mass incarceration at the Richmond Center

Thursday  September 27  Week 3  6:00-8:00PM  Dalton Theater

Intimate Partner Violence Awareness – Community Reflection (Coordinator: Liz Candido)

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 5  Week 4  11:00-11:45AM  Stetson Chapel

With/Out- ¿Borders?: Towards a FutureLand (Coordinator: Arcus Center)

K Welcomes land activists from across the U.S. and countries including South Africa, Columbia, Mexico, Canada, Palestine and Pacific Islands.

Wednesday  October 10  Week 5  5:00PM  Arcus Center

Line 5 (Coordinator: Emily Kowey)

Facilitated by K students, this program will be an interactive discussion with local and state water activists. They will speak on the history of water activism in the City of Kalamazoo, as well as current work around shifting Line 5, and offer ways students can get involved.

Thursday  October 11  Week 5  7:30-8:30PM  Dewing 103

Where Does the Money Go? Understanding the State Budget as a Site for Activism (Coordinator: Emily Kowey)

Join Jenny Kinne, Community Engagement Specialist with the Michigan League for Public Policy, for an interactive discussion and look at the Michigan State Budget. She will be offering tools for students and voters to see the budget as a site for activism on a wide range of intersectional issues.

Thursday  October 18  Week 6  7:30-8:30PM  Dewing 103

Understanding Gerrymandering in Michigan (Coordinator: Emily Kowey)

What is gerrymandering and how does it affect you? Representatives from Voters Not Politicians and the Michigan Freedom Fund will be presenting on this topic and sharing information about Proposal 2, which will be on the ballot November 6th. Proposal 2 is a constitutional amendment to create a commission of citizens who will work on creating a reapportionment plan for the Michigan State Senate and State House of Representative voting districts.

Tuesday  October 30  Week 8  7:30-8:30PM  Dewing 103

Islamophobia and the Politics of the Muslim Identity in the U.S. (Coordinator: Arcus Center)

Arsalan Iftikhar is an international human rights lawyer, global media commentator and author of the book Islamic Pacifism: Global Muslims in the Post-Osama Era. He also serves as Senior Editor for the Islamic Monthly magazine.

Thursday  November 1  Week 8  5:30-7:30PM  Arcus Center

**GROUP 2: INTERCULTURAL UNDERSTANDING**

MiKroaggressions (Coordinator: Kenlana Ferguson)

What are microaggressions? Microaggressions are commonplace verbal or behavior indignities, whether intentional or unintentional, which communicate hostile, derogatory, or negative slights and insults that target a person or group of people (Sue, 2004). The main objective of this session is to raise awareness of microaggressions and how they impact the daily lives people who are not in the dominant group. Strategies for addressing microaggressions will also be discussed and practiced. We hope participants will leave the session with increased knowledge, awareness, and a commitment to being an active participant in decreasing the occurrences of microaggressions in our community.

Wednesday  September 12  Week 1  7:30-8:30PM  Hicks Banquet Room
Queering the Spiritual Journey (Coordinator: Liz Candido)
Join the Interfaith Student Leaders and local queer religious leaders in a workshop focused on art and the spiritual journey. Elders from the community will share pieces of art that helped them grow spiritually through the process of coming out and claiming leadership. Participants will be provided with paints, paper, pencils, clay and other mediums to help them on their own experiences of sexuality, gender identity and spirituality for a hands-on workshop experience.

Should I Stay or Should I Go Now? (Coordinator: Tony Nelson)
Join us for an exploration of what off-campus learning opportunities can look and feel like from those who most recently experienced it. Through stories, critical insights, pictures, and a Q & A session, K juniors and seniors will reflect and report on their study abroad/away experiences—both meaningful and difficult aspects. Staff from the Center for International Programs and the CIP Peer Advisers will also provide basic information about program options and tips for the application process.

Racialization, Socialization and Culture: Where Do I Fit In? (Coordinator: Lizbeth Mendoza Pineda)
Learn more about the history of racialization in the US with Dr. Lisa Brock, Academic Director of the Arcus Center for Social Justice Leadership, and have a discussion about how that affects individuals in their daily lives. This forum will be particularly helpful to international students as they navigate the culture in the US.

Group 3: Personal Decision-Making and Habits

Congrats! You Made it Through Week 1… Now What? (Coordinators: Jon Collier and Sara Bamrick)
You made it through Orientation and 1st week, but you have 119 weeks to go until graduation. In this 45 minute interactive session, you’ll learn some tips and strategies about how to get involved and stay on track from current students and the staff of Student Activities. Don’t just float through the next 4 years, learn how to find success and fulfillment through activities and leadership at K. Enjoy homemade desserts and make some granola to take with you! Free giveaways, first come first served!

Self-Care (Coordinator: Melissa Plair)
Wellness is a holistic experience. It incorporates attitudes and practices associated with caring for all of the aspects of the self. Some aspects include physical, emotional, psychological, interpersonal, social, spiritual and professional parts of the self. Self-care is attending to one’s needs for balance and holistic wellness. This forum will explore self-care practices including how to practice self-care within relationships. Students will leave with an individualized self-care plan and some strategies for maintaining holistic wellness.

Understanding Sexual Assault and Consent (Coordinator: 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.
Staying Healthy at K (Coordinator: Jennifer Combes)

Learn from the Student Health Center staff about how to take advantage of free health services and local resources. 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, easily, and confidentially. Stay for a FREE Flu shot. Sponsored by the Student Health Center.

Thursday  September 27  Week 3  4:30-5:30PM  Hicks Banquet Room

Emotional Regulation (Coordinator: Lyndsay Nuyen)

As you begin to navigate your world more independently than before, you may encounter a different experience internally. Your awareness may begin to shift as you notice new forms of stress, different relationships, and new-found meaning in your life. Oftentimes, the way we respond to changing events in our external lives is manifested through our emotions. If you are curious about what emotions even are, what function they serve us, and what to do with them, attend this forum. Moreover, if you have been prone to intense feelings or rapidly changing moods in the past and want to learn how to better manage your vulnerabilities and balance your emotional and reasonable states of mind, come learn regulation strategies from various paradigms, including acceptance, change, body-integration, and dialectics.

Tuesday  October 2  Week 4  7:30-8:30PM  Hicks Banquet Room

Building Resilience: Get Your ‘Bounce Back’ (Coordinator: Kenlana Ferguson)

All individuals, regardless of who they are, the challenges they encounter, or where they come from, have the human capacity and personal power to face, overcome, grow and bounce back from adversity, stress, or trauma. This is known as resilience. The goal of this forum is to help participants learn how to draw upon their personal strengths to transform difficult or challenging events into learning experiences. Participants will leave this forum with an increased understanding of resilience and a ‘Bounce Back’ plan.

Wednesday  October 17  Week 6  7:30-8:30PM  Hicks Banquet Room

Beyond a Degree: Financial Literacy 101 and My Future (Coordinator: Natalia Carvalho-Pinto)

Join Dr. Darryl Scriven, filmmaker, author and Dean of the College of Business & Education at Winston-Salem State University, for the screening of his documentary “Overcoming Student Loan Debt”, and an interactive workshop and discussion following the 30-minute film. Come learn basic personal budgeting skills (including how to build credit history), tips about managing your financial aid, and get information about resources that can help with keeping your education more affordable. While all students are welcome to attend this session, this workshop will be particularly helpful to first-generation college students, students who are creating a personal budget for the first time, and students applying for financial aid on their own.

Monday  November 5  Week 9  6:00-7:30PM  Hicks, Intercultural Student Center

You Need to Take a Minute: Lessons Learned and Relationships Formed (Coordinator: 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 7  Week 9  7:30-8:30PM  Hicks Banquet Room

GROUP 4: CAREER AND PROFESSIONAL DEVELOPMENT

Career? I Just Got Here! (Coordinators: Rachel Wood and Valerie Miller)

During this interactive 45-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 11  Week 1  4:15-5:00PM  Dewing 103
Monday  September 24  Week 3  11:05-11:50AM  Dewing 103
Monday  October 8  Week 5  11:05-11:50AM  Dewing 103
GROUP 5: INDEPENDENT SCHOLARSHIP AND ACADEMIC SUCCESS

The Keys to Academic Survival and Success  (Coordinators: Lesley Clinard, Candace Combs, Patrik Hultberg, Karen Joshua-Wathel, Nicole Kragt, Amy Newday, Jessica Sonnenberg-Ward)

What do I need to do to graduate? What is breadth and why is it important? How do I engage in my academics with honesty and integrity, and what resources are out there to help me be successful? Now that I’m on my own, how do I manage my time and develop better study habits? This informative and interactive program will introduce students to the tools and resources to not only survive but to thrive as a student at K.

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TIPS & TRICKS

☞ **Make sure you fill out a ticket!** FYF tickets are distributed at events. You must fill out and turn in a ticket to get attendance credit. **Bring something to write with.** This is what a ticket looks like:

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- Only first-year students need to complete this ticket.
- Turn in only your own ticket at the end of the event.
- Events vary in length. Receiving credit requires staying until the end.
- First-Year students must attend at least one forum in each of five categories.

☞ **Read your K Email!** You will receive an email every Friday with a list of the upcoming forums for the following week and other important updates.

☞ **Find Programs That Interest You!** View the full schedule by group here: https://reason.kzoo.edu/fye/.

☞ **Don’t Wait Until the Last Minute!** Programs are offered throughout the quarter, however for some groups the last program might be 7th or 8th week, and there are no FYFs offered beyond 9th week.

☞ **Keep Track of Your Progress!** Go to https://campus.kzoo.edu/fye/showcredits.php to view the forum attendance for which you have been credited and what categories you are missing. *Note: it takes a few days after a forum to complete data entry.*

☞ **Ask If You Are Unsure!** If you have any questions related to First-Year Forums please contact Dana Jansma, Associate Dean of Student in the Student Development Office in Hicks (269-337-7210); dana.jansma@kzoo.edu