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, and expanding your sense of self. First-year forums help you along the way as you construct your life at K.

Forums fall into five groups. All first-year students are required to attend one First-Year Forum in each group. Many students attend more. If students do not attend at least one Forum in each group, two percentage points for each group 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. Students who arrive late will not be admitted.

**GROUP 1: SOCIAL JUSTICE AND CIVIC ENGAGEMENT**

**More Than a Job** (Coordinators: Teresa Denton and Moises Hernandez)

The Center for Civic Engagement is one of the largest employers on campus AND our employment opportunities 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 17  Week 1  7:30-8:30PM  Dewing 103

**I Know What You Did This Past Summer** (Coordinators: Tapiwa Chikungwa and Paulette Rieger)

The Center for Civic Engagement partners with the Center for Career and Professional Development to offer opportunities for first-generation students and students with high financial need in applying for internships with local community organizations. Come learn about the experiences that the Community Building Interns (CBIs) had this summer and how you can be involved this upcoming summer.

Tuesday  September 24  Week 2  7:30-8:30PM  Dewing 103

**Communities Engaging with Food Systems** (Coordinators: Tapiwa Chikungwa and Alison Geist)

Food insecurity, community gardens, locally grown food, and agricultural labor are only a few of the many topics that are involved in conversations about food justice. At this forum, students, faculty, and community members will speak about the intersection of food justice on campus and in the Kalamazoo Community and how you can be involved.

Wednesday  October 2  Week 3  7:30-8:30PM  Hicks Banquet Room

**Climate Action Plan** (Coordinator: Sara Stockwood)

Did you know that K has a sustainability and climate action plan? Come learn about K’s commitment to carbon reduction, what progress has been made on K’s climate action plan, and how you can join in this movement!

Thursday  October 10  Week 4  4:30-5:30PM  Hicks Banquet Room

**You Are Where You Live** (Coordinators: Moises Hernandez and Alison Geist)

Community Building Interns (CBIs) and their supervisors from various departments of the City of Kalamazoo will be talking about the projects that they were involved in during the summer of 2019. Join us to learn more about what it takes to run a city and how city staff are using community voice to make Kalamazoo a stronger, more vibrant, and more equitable place to learn, live, work, and grow.

Thursday  October 17  Week 5  7:30-8:30PM  Dewing 103
After Evergood: Artists Respond! (Coordinators: Tapiwa Chikungwa and Alison Geist)
Join us after dinner to learn more about the Evergood mural that dominates the Welles Dining Hall space and has for many years been a source of controversy, anger, and protest. “Clay in Community” Professor Sarah Lindley, and her students will present and discuss the art they have made in response: place settings that tell a different story about our history, campus, and students.
Wednesday October 30 Week 7 8:00-9:00PM Hicks Stone Room (Dining Center)

Activism in Kalamazoo: Protection and Dignity for All (Coordinator: Moises Hernandez)
Many grassroots organizations, community leaders, and local nonprofits are doing work in the City of Kalamazoo, Kalamazoo County, and the State of Michigan to fight for the humanity, protection, dignity and respect of undocumented residents. Although there have been local victories in this fight, there is still more work to be done in solidarity with activists.
Monday November 4 Week 8 7:30-8:30PM Dewing 103

Where Does the Money Go? Understanding the State Budget as a Site for Activism (Coordinators: Teresa Denton and Moises Hernandez)
Join the Community Engagement Specialist from the Michigan League for Public Policy (MLPP), for an interactive discussion and look at the State of Michigan budget. The MLPP will be offering tools for students and voters to see the budget as a site for activism on a wide range of intersectional issues.
Tuesday November 12 Week 9 7:30-8:30PM Dewing 103

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.
Thursday September 19 Week 1 7:30-8:30PM Hicks Banquet Room
Monday October 7 Week 4 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.
Wednesday October 2 Week 3 8:00-9:30PM Mandelle, Olmsted Room

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.
Tuesday October 15 Week 5 7:30-8:30PM Dewing 103
Sunday November 3 Week 8 7:30-8:30PM Dewing 103

Crossing Borders, Engaging Cultures (Coordinators: Asia Bennett, Alayna Lewis, Lizbeth Mendoza Pineda)
What is intercultural competence? Intercultural competence is an ability to behave and communicate effectively and appropriately with people of other cultures. Join us for a discussion about cultures and how you can begin to develop the skills needed to be successful in cross-cultural situations.
Thursday November 14 Week 9 4:30-5:30PM Hicks Banquet Room
GROUP 3: PERSONAL DECISION-MAKING AND HABITS

Congrats! You Made it Through Week 1… Now What? (Coordinators: Sara Bamrick and Jon Collier)

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 on 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. Come enjoy some delicious cake and fun conversation! Free giveaways, first come first served!

Friday September 20 Week 1 6:00-6:45PM Hicks Banquet Room

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. 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.

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

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. Take a brief nutrition assessment with our Dietician, 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 October 3 Week 3 4:30-5:30PM Hicks Banquet Room

Sex! (Coordinators: Lisa Ailstock and Liz Candido)

This is a workshop to explore the language and values surrounding sex, sexuality, and what it means to be a sexual person. Participants will reflect on what sex is and how our values and behaviors shape sexual experience.

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

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

Lansing-based, financial consultant Jose Yanez will teach students basic personal budgeting skills (including how to build credit history), tips about managing student loans and debt, saving and investing (even now!), and share information about resources to help keep education more affordable. As a child of migrant workers, and first-generation college-graduate, Jose is passionate about educating college students about the importance and benefits of being financially prepared. He will share steps and tools for building financial independence and wealth. While all students are welcome to attend this session, this workshop is specifically designed for: first-generation college students, students who are creating a personal budget for the first time, and students who are managing their financial aid and budgets on their own.

Monday October 14 Week 5 5:30-7:00PM Hicks, Intercultural Student Center

Building Resilience: Get Your ‘Bounce Back’ (Coordinator: Pat Jorgenson)

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 23 Week 6 7:30-8:30PM Hicks Banquet Room

College and the Spiritual Journey (Coordinator: Liz Candido)

Everyone has a spiritual life, but not everyone pays attention to what is happening in it. Join Chaplain Liz Candido and the Interfaith Student Leaders for a conversation and reflective workshop focused on paying attention to and mapping the spiritual journey while connecting with others along the way. This FYF is open to all religious, spiritual, or secular backgrounds.

Wednesday November 6 Week 8 8:00-9:30PM Mandelle, Olmsted Room
New Beginnings and New Connections (Coordinator: Pat Jorgenson)

This will be a fun and gentle way to explore how we can make college a richer experience through developing relationships with people ranging from making new friends to finding a career mentor. Take this opportunity to brainstorm places where you might meet potential friends and partners. Learn a few tips on ways to engage in conversation or handle minor roommate differences.

Wednesday November 13 Week 9 7:30-8:30PM Hicks Banquet Room

GROUP 4: CAREER AND PROFESSIONAL DEVELOPMENT

Career? I Just Got Here! (Coordinator: Richard Sylvester)

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 17 Week 1 4:15-5:00PM Dewing 103
Monday September 30 Week 3 7:30-8:15PM Dewing 103
Tuesday October 15 Week 5 4:15-5:15PM* Hicks Banquet room
Monday October 21 Week 6 11:05-11:50AM Dewing 103
Monday November 4 Week 8 4:15-5:00PM Dewing 103
Monday November 11 Week 9 11:05-11:50AM Dewing 103

*This session will include pre-Homecoming speed networking practice.

GROUP 5: INDEPENDENT SCHOLARSHIP AND ACADEMIC SUCCESS

*All group 5 forums will include a segment about engaging in academics with honesty and integrity with Associate Dean of Students, Karen Joshua-Wathel

Getting the Hang of It* (Coordinator: Josh Moon)

Is that email really from the Help Desk? Where can I use the Adobe Creative Suite? My professor wants me to get Microsoft Office. What do I do? Information Services wants to answer your questions and provide you with insight on navigating technology at K. Spend less time frustrated and more time taking advantage of everything the College can offer to give you the resources you need to succeed. We’re here to help!

Wednesday September 18 Week 1 7:30-8:30PM Mandelle, Olmsted Room
Monday October 28 Week 7 4:30-5:30PM Hicks Banquet Room

Conversations with the Writing Center: Strategies for Success* (Coordinator: Isabela Agosa)

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.

Tuesday September 24 Week 2 4:30-5:30PM Hicks Banquet Room

Every Point Counts! Expectations for Participation in Class & Studying Outside of Class* (Coordinator: Candace Combs)

Everyone knows that to get a good grade you need to show up and do your homework, right? All of a sudden, it’s not so simple and what you do in and out of class has more high stakes. Find out what most professors are expecting of you when they assign points for class participation and give you a lot(!) of reading to cover before the next class.

Wednesday October 9 Week 4 4:30-5:30PM Hicks Banquet Room

Library Trivia Night* (Coordinators: Kelly Frost & Robin Rank)

Did you know you can stream movies, read vintage comics, and check out a portable power station at your library? Come learn about library resources while playing trivia with friends.

Tuesday October 22 Week 6 7:30-9:00PM Hicks Banquet Room
Center for New Media Design/VR Lab/Production Studio and Video Editing* (Coordinators: Kathryn Lightcap and Jaakan Page-Wood)

Resources and assistance is available for your digital projects, including videos, presentations, posters, infographics, photography, brochures, scanning, 3d printing, and more! Learn how the Center for New Media Design, VR Lab, Production Studio and Video Editing can help with everything from conceptualizing the first steps to polishing a nearly finished project.

Thursday November 14 Week 9 7:30-8:30PM Hicks Banquet Room

**TIPS & TRICKS**

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

![Ticket Example](image)

- 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/](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 after 9th week (so no forums are offered 10th week or exam week).

✈ **Keep Track of Your Progress!** Go to [https://campus.kzoo.edu/fye/showcredits.php](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 UnsSure!** 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](mailto:dana.jansma@kzoo.edu)