Upcoming FYE Programs

Center for Community Engagement
If you are interested in exploring an idea or developing a project, the Center for Community Engagement can help! The CCE supports students and faculty as they put their ideas to work in the world. Visit our website to get started: www.amherst.edu/academiclife/cce

Public Speaking at Amherst
Public Speaking Tip #2: Do you have an oral presentation coming up? One of the best ways to appear relaxed and confident when speaking to a group is to simulate the experience beforehand. Rehearse your presentation out loud, several times in the actual space (the classroom or auditorium) and bring a friend to be your audience while you rehearse. Contact Susan Daniels, Associate in Public Speaking, for individual coaching. www.amherst.edu/people/facstaff/sgdaniels

Amherst College Mental Health and Wellness
Worried about finals? Check out this easy tip to boost your confidence and performance: https://www.facebook.com/wellnessatac/

Contact Ashley Maitland at firstyearexperience@amherst.edu with any comments, questions or concerns regarding First-Year Experience!

Advice from a current student...
"Take the classes you would like to take, Ask for help because we are all here to learn, Take care of your mental health because Amherst can be a struggle, Take care of your friends too because even though we at times hide stuff from one another we may not be okay, Take a pause and breathe as you appreciate the life around you."

Tips and Tricks for Success

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