



Upcoming FYE Programs

Belonging & Burrito Bowls

November 15th • 6pm • McCaffrey Room • 20 points

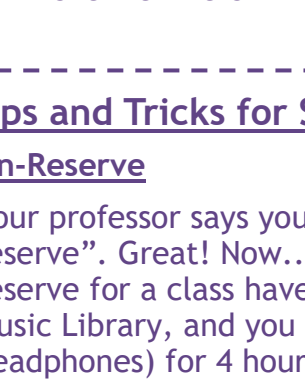
Help us create a greater sense of belonging for first year students by sharing your perspective on the strengths and challenges of the Amherst community and social life. The discussion will be followed by optional participation in a short video project, during which you would share a sentence or two from your own experience that may be of benefit to future first year students. Food from Chipotle will be provided!
Sponsored by: Mental Health Promotion and the Counseling Center

Game Show Night- Sleep!

November 28th • 8-9pm • Friedmann Room • 20 points

Compete in several game shows and win an eye mask in this informative evening of fun! The Student Health Educators will staff different stations with activities that support healthy sleep, make sleep pillows, etc. Foods and beverages that support sleep will be served!
Presented by: Student Health Educators (SHEs)

Advice from a current student...



Name:
Alizeh Sethi

Pronouns:
 she/her/hers

"Do NOT compare yourself to other students! Speaking from personal experience, it's SO easy to feel intimidated by how everyone else seems to be so much more accomplished and put-together than you. But don't let imposter syndrome get you down! You belong at Amherst, and you should always remember your own intellectual, physical, emotional strengths. You're special in your own amazing way, and Amherst is a more valuable place with you in it <3"

Tips and Tricks for Success

On-Reserve

Your professor says you can find the book you need for class "on reserve". Great! Now...what does that mean again? Books/DVDs on reserve for a class have been set aside at Frost, Keefe Science, or Morgan Music Library, and you can check them out (along with chargers or headphones) for 4 hours at a time. [Find your course reserves](#), or [check in with us](#) if you can't find what you need.

Moss Quantitative Center

Tips for students in quantitative disciplines: Always go to class and keep up with the coursework. Attend faculty office hours and TA help sessions. Lastly, go to the [Q Center](#) to study and get support in Math and the Sciences!

Multicultural Resource Center

Sign up for the Multicultural Resource Center (MRC) listserv to learn about upcoming events, programs, and late night study hours:

www.amherst.edu/go/mrc

Peer Career Advisors

Meet with your Peer Career Advisor (PCA) in your residence hall! PCAs are the perfect place to start your career exploration and planning. They can review and approve resumes; give feedback on cover letters; share your concerns about finding a meaningful career path; and answer questions about Quest, internships, interviewing, networking, self-assessment, and other Loeb Center resources.

James, Tuesdays 8-9 p.m.
South, Tuesdays 6-7 p.m.
Charles Pratt, Sundays 3:30-4:30 p.m.
Appleton, Thursdays, 5-6 p.m.
North, Thursdays, 7-8 p.m.
Williston, Wednesdays, 8-9 p.m.
Stearns, Thursdays, 6:30-7:30 p.m.

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