



## Upcoming FYE Programs

### Journal Decorating for Keefe Campus Center Community Hour

November 30th • 3-4pm • Keefe Campus Center Atrium

Come decorate a journal with us that you can use to document your Amherst College experience! Use the journal to write poetry, draw, make a diary, etc. Insomnia Cookies will be provided!

### Silly Putty, Stress balls and Spaghetti

December 5th • 6pm • McCaffrey Room • 20 points

Come and check-in about how you're handling the end of the semester, and try out 3 fun stress-reducing activities. Food from Crazy Noodles! *Sponsored by: Mental Health Promotion and the Counseling Center*

## Advice from a current student...



Name:  
**Amos (Zeus) Tuwei**  
Pronouns:  
he/him/his

"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

### 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](http://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](http://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](mailto:firstyearexperience@amherst.edu) with any comments, questions or concerns regarding First-Year Experience!