



Upcoming FYE Programs

Identity, Transition and the Power of Storytelling

October 17th • 6pm • McCaffrey Room • 20 points

Student panelists will share the highlights and struggles of their own transition to Amherst, and explore how aspects of their culture and identity influenced these experiences. The panel will be followed by a Q&A and discussion. Lots of food from Paradise of India will be provided!

Sponsored by: Mental Health Promotion and the Counseling Center

Exploring Class(ism)

October 25th • 6:00-7:30pm • Friedmann Room • 20 points

Join campus community members for an interactive workshop centering the experience of class and exploring the impact of those experiences in our everyday lives. This will be a space to begin an on-going conversation about our own class backgrounds, identities, and biases. Lots of food from Chipotle will be provided!

Presented by:

Casey Jo Dufresne, Program Director at the Loeb Center for Career Exploration and Planning

Tenzin Kunor, Associate Director of Diversity & Leadership

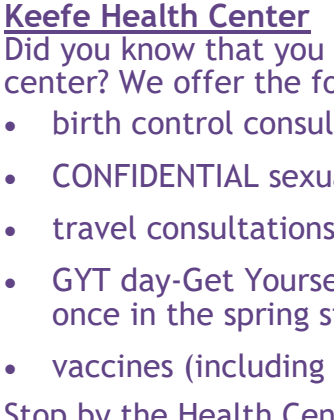
First-Year Student of Color Luncheon

October 26th • 12:00-1:30pm • Multicultural Resource Center

Join us in the MRC for the first-year student of color luncheon. Connect and check-in with other first-year students of color about your time thus far at Amherst. A delicious lunch will be served.

Presented by: The Multicultural Resource Center

Advice from a current student...



Name:
Ruth Manzanares

Pronouns:
she/her/hers

"Remember that it is okay for you not to know everything from the start, after all that is why you're going to college. Don't be afraid to ask questions; go to office hours, ask for help, form a study group, use the resources available to you! It helps when you begin to reach out and it will help you realize the community you have."

Tips and Tricks for Success

Keefe Health Center

Did you know that you don't have to be sick to come to the health center? We offer the following:

- birth control consultations
- CONFIDENTIAL sexually transmitted infection testing
- travel consultations if you plan on traveling
- GYT day-Get Yourself Tested Day that we hold once in the fall and once in the spring stay tuned for dates
- vaccines (including the flu vaccine) and MUCH, MUCH MORE!

Stop by the Health Center during our hours 8:30-5:00 p.m. and say hello to us. PS: Always remember you are living in close quarters, wash your hands OFTEN!

Public Speaking Tip #1

Public Speaking is often listed as the #1 Fear in the World! To help alleviate speaking anxiety, practice Belly Breathing, send imaginary roots into the floor to feel grounded and appear confident, and shake out your body before you deliver your presentation. Susan Daniels, Associate in Public Speaking can help you master these skills. www.amherst.edu/people/facstaff/sgdaniels

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