

## Amherst College

## First-Year Experience Newsletter

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Amherst College

Upcoming FYE ProgramsMeet, Greet, Drink, Eat with Amanda and Laurie

October 4th • 4pm • McCaffery Room • 20 points

Do you have curiosity, interest, or questions about Amherst's work preventing and responding to issues related to sexual respect? Do you want to know more about the Title IX office and how we do our work on-campus? Maybe you are thinking about how you can help a friend who is working with Title IX or perhaps you would just like a snack? Please come by to meet Title IX Coordinator Laurie Frankl and Deputy Title IX Coordinator Amanda Vann for a casual gathering and informal conversation. There will be great snacks and beverages! Pick up some resources, play a game, and gather some information. We look forward to seeing you!

*Presented by: The Title IX Office and Sexual Respect Education*

Game Show Night- Alcohol and other drugs

October 11th • 8:00-9:00pm • Greenway A Event Space • 20 points

Compete in several game shows and win a water bottle in this informative evening of fun! The Student Health Educators and ACEMS will staff different stations with competitive activities around alcohol and other drug information. This session will be relevant for those who drink alcohol and those who do not! Ice Cream Sundaes and Ice Cream Floats will be provided.

*Presented by: Student Health Educators (SHEs) and ACEMS*

Advice from a current student...

Name:  
Kevin Zhangxu

Pronouns:  
He, Him, His

1. "Always remember self-care and self-love. You have already given this college so much with just being here. Set time for you to be able to step away from your classes, your co-curriculars, your social life. Treat yourself!"

2. "Step out of your comfort zone. Take the step in joining a club that vaguely interests you (beginning of the semester, middle of the semester, end of the semester: IT DOES NOT MATTER). It may very well change your life!"

Tips and Tricks for SuccessMental Health and Wellness at Amherst College Advice From Seniors

What advice do seniors have for first year students? Find out in this 3-minute video! <https://www.youtube.com/watch?v=bzDRSeQ1thU>

Research Librarians

Not sure what the Chicago Manual of Style is, why your e-reserve link doesn't work, where to go if your class meets in BEBU, or who Foucault is? Research librarians are here to help you get the information you need, no matter the question. Just swing by the Frost reference desk (right on the way from the lobby to the cafe—evenings, too!), or check in with us from across the quad. Ask us anything!

Student Affairs Case Managers

Student Affairs Case Managers are here to help students thrive in their life at Amherst. They are available as a resource to all students and are eager to consult with staff, faculty, friends and parents as well. Most often, they support people who are dealing with challenges relating to medical health, mental health, financial concerns, family challenges, or social/adjustment issues. They use our extensive knowledge of campus and community support systems to provide timely connections with resources that can help. The Case Managers at Amherst College are Andy Tew, Roseilyn Guzman, and Scott Howard.

Catalyst Leadership Program

What: Catalyst Leadership Program  
When: Saturday, October 7th from 9 am-4 pm  
Where: Friedmann Room, Keefe Campus Center

The Office of Campus Diversity & Student Leadership will be hosting Catalyst, a one-day leadership program from LeaderShape, designed for anyone who is interested in starting something extraordinary. Participating in Catalyst can be one of the first ways to begin engaging in the life-long process of learning, exploration, and action.

This program is designed to allow participants the time and space to connect with others and engage in learning more about their own story of leadership. They will explore questions like: Who do I want to be? What is my story? Am I being the person I want to be? What are the causes and communities I care most about and how can I contribute? This day may not provide participants the answers to these questions, but rather create a community in which participants can engage in meaningful conversations with each other and start exploring these questions.

Lunch is provided! For more details and to RSVP email [cdsl@amherst.edu](mailto:cdsl@amherst.edu)! The deadline to register is Wednesday, October 4th.



OCTOBER 7, 2017

9AM - 4PM • FRIEDMANN ROOM • CAMPUS CENTER

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*For more details & to RSVP email [cdsl@amherst.edu](mailto:cdsl@amherst.edu)*

First Year Loeb Seminar

Attend the First Year Loeb Seminar: Finding Your Foundation next Monday, October 2 or Tuesday, October 3. Understanding your values, skills, and influences can shape your Amherst experience and help you find meaningful internship and job opportunities. Join the Loeb Center staff and Peer Career Advisors (PCAs) to learn more about yourself and the Loeb Center Resources. RSVP through the HUB.

**FIRST YEAR LOEB SEMINAR: FINDING YOUR FOUNDATION**

Hosted by the Loeb Center for Career Exploration and Planning

Monday, October 2  
4:30-6 p.m.  
Tuesday, October 3  
8-9:30 p.m.

RSVP and see other dates in **The HUB** @ [thehub.amherst.edu](http://thehub.amherst.edu)

Relax while Engaging Your Mind: Leisure Reading Afternoons

When: Saturdays 2-4pm

Where: Stearns Common Room

Join the Office of Residential Life in afternoons of leisure reading. This space is meant to encourage students to find pleasure and joy in reading and to view reading beyond assignments. The sessions will feature occasional handouts on the benefits of leisure reading, tips on how to read meaningfully, and reading suggestions for students to diversify their reading material. Come relax with any form and genre of reading material, enjoy some tea, coffee, and cookies, and make new friends. You are free to come and leave whenever.

Facilitators:

Caryce Tirop  
Residential Life Program Coordinator

Evan Paul  
Residence Counselor, Stearns Hall

Office of Residential Life Presents:

**Leisure Reading Afternoons**

Where: Stearns Common Room  
When: Every Saturday 2-4 p.m.

Why: **Awesome Community of Bibliophiles, Tea, coffee, and biscuits, Great Frost book collection, and A great way to relax and procrastinate.**

Contact: Caryce @ctirop17@amherst.edu

Contact Ashley Maitland at [firstyearexperience@amherst.edu](mailto:firstyearexperience@amherst.edu) with any comments, questions or concerns regarding First-Year Experience!