

FIRST-YEAR FORUMS 2009

The First-Year Forum series is designed to help meet the goals of the First-Year Experience Program. The goals of the program are to help you:

- Achieve academic success,
- Identify and pursue your passions,
- Connect with the Kalamazoo College and the greater Kalamazoo communities,
- Construct complex intercultural understandings, and
- Develop a purpose-filled and balanced life.

ALL FIRST-YEAR STUDENTS ARE REQUIRED TO ATTEND FIVE FIRST-YEAR FORUMS.

And many students attend more than that because these forums are designed to help you navigate your first year here on campus. **The First-Year Forum Schedule is subject to change. Check < www.kzoo.edu/studev/FinalForum2009.pdf> for the latest updates.**

The schedule of First-Year Forums was designed sequentially For almost everyone, coming to college is the great change you've made in your life so far – the maximum number of changes in a short period of time. You've left your carefully constructed network of support behind, and you're building a new life, making new connections, reshaping your expectations, expanding your sense of self. Change is exciting—and it can also be scary and lonely.

As you work on constructing your life at K, join us for a fall journey of First-Year Forums.

JUST GETTING STARTED		
Week 1	Friday, Sept. 25 10:50AM Stetson Chapel	COMMUNITY REFLECTIONS: Welcome Home: Please Leave Your Expectations at the Door <i>Student Chaplains and the Chaplain will speak on the way expectations shape our experience and on strategies to anchor yourself spiritually and emotionally while at K.</i>
SLIPPERY SURFACES		
	Tuesday, Sept. 29 7 PM Hicks Banquet Room	Conversation about alcohol at K <i>Dean of Students Sarah Westfall and Assistant Dean Brian Dietz will lead a conversation about alcohol at K.</i>
Week 2	Wednesday, Sept. 30 8:00PM Hoben Hall	Staying Safe; Staying Healthy <i>A dialogue with Tim Young, Director of Security, and Lisa Ailstock, Director of the Health Center, about what you need to know about health and safety on a college campus. Two different times and locations, same forum.</i>
	Thursday, Oct. 1 7:00PM Trowbridge Hall	
Week 3	Wednesday, Oct. 7 8:00PM Trowbridge Hall	The Choice Is Yours <i>Alcohol. Drugs. You will likely run into them at K. But how do you handle those situations? Come find out what you need to know about these substances. Two different times and locations, same forum.</i>
	Thursday, Oct. 8 7:00PM Hoben Hall	
	Friday, Oct. 9 10:50AM Stetson Chapel	COMMUNITY REFLECTION: It Can Happen Here: Intimate Partner Violence <i>We'll remember those in our community who struggle with daily violence as well the history of K's own struggle to become a place free of violence. In particular, we'll remember the 10th of anniversary of Maggie Wardle's death.</i>

Week 4	Monday, Oct. 12 7:00PM Hoben Hall	Sex at Seven <i>Being in college and living in campus dorms will present several new experiences and challenges regarding sex and sexuality. In this presentation, the Peer Leaders will address the most common sex issues, including how to decide when to have it, confronting roommates about it, and respecting the sexual orientation of others. Two different times and locations, same forum.</i>
	Tuesday, Oct. 13 7:00PM Trowbridge Hall	
	Tuesday, Oct.13 7:00 PM Hicks Banquet Room	Conversation about alcohol at K <i>Dean of Students Sarah Westfall and Assistant Dean Brian Dietz will lead a conversation about alcohol at K.</i>

GAINING TRACTION

Week 5	Friday, Oct. 23 10:50AM Stetson Chapel	COMMUNITY REFLECTIONS: This I Believe Multimedia Extravaganza <i>We'll reflect on the variety of beliefs that make us who we are through music, paint, voice, and word.</i>
Week 6	Monday, Oct. 26 8:00PM Olmsted Room	If You Have a Question, Please Raise Your Hand: Academic Advising Q & A <i>A conversation with Zaide Pixley, Dean of the First-Year and Advising, and selected Peer Leaders and Department Student Advisors about how to get academic traction at K. How do you choose courses? What is a balanced schedule? How can you plan for study abroad, complete college requirements, get a major, and take what you want? How can you prepare for a career? How do you know what you like? Why do you need a Plan B? A Plan C?</i>

THE ROAD AHEAD

Week 7	Monday, Nov. 2 7:00PM Hoben Hall	When the World is Turned Upside Down <i>Come discuss depression, anxiety, stress, homesickness, and the imposter syndrome in an informal setting with staff from the Counseling Center. Many of these feelings are a normal and expected part of the college experience. But when do you get help? Find out the signs. Two different times and locations, same forum.</i>
	Wednesday, Nov. 4 4:00PM Trowbridge Hall	
	Wednesday, Nov. 4 6:00 PM Olmsted Room	Campus Forum <i>A forum invaluable to students. Get your questions answered about the campus and the future of Kalamazoo College. This will be a very useful tool to be better prepared to live on this campus and in our community.</i>
	Tuesday, Nov. 3 6:00PM Olmsted Room	Alumni Panel: First Year Forum <i>K Alums & Community Development: A First-Year Forum Tuesday, November, 3rd at 6pm Olmsted Room, Mandelle Hall. The Mary Jane Underwood Stryker Institute for Service-Learning presents: a Panel Discussion featuring service-learning alumni who work for social change in Kalamazoo at: Ministry with Community (a homeless shelter) The Department of Planning & Development (City of Kalamazoo) Kalamazoo Neighborhood Housing Services, Kalamazoo Public Schools, The Center for Social Justice Leadership at Kalamazoo College.</i>
	Friday, Nov. 6 10:50 AM Stetson Chapel	COMMUNITY REFLECTIONS: Misconceptions of Islam <i>Deena Ghazzi, and other Muslim members of our campus community will speak about the dispel common myths related to Islam. Sponsored by the Interfaith Spirituality House and the Muslim Student Association.</i>

Week 8	Monday, Nov. 9 8:00PM Dewing 103	International and Off-Campus Education: Getting Way Out of Your Comfort Zone (and maybe finding another place to call home) <i>A dialogue with the Center of International Programs. Where can you go on study abroad? What can you do while you are there? Can you still double major and play a sport and go on study abroad? What do you need to do prepare for study abroad? How do I keep my study abroad eligibility? What other options to have for studying away? Did you hear about the awesome programs in Philadelphia, New York City, Chicago, Tucson, and Oak Ridge?</i>
	Tuesday, Nov. 10 7:00PM Olmsted Room	Building Your Professional Portfolio <i>It's not too early for you to begin to explore and prepare for your professional life after K. Find out about the many programs and services offered through the Center for Career and Professional Development and the Guilds program. For example, did you know that there are competitive grants available to enable you to intern or extern with a K alum over the summer after your first year? Do you know about the professional networking opportunities you could have through the Guilds Program??</i>
	Tuesday, Nov. 10 7:00PM Hicks Banquet Room	Intimate Partner Violence Conversation <i>Sherry Brockway from the Kalamazoo YWCA will join us to discuss the warning signs of relationship violence, common situations college age students may find themselves, as well as the particularities same sex partner relationship violence.</i>
	Friday, Nov. 13 10:50AM Stetson Chapel	COMMUNITY REFLECTIONS: Spiritually Speaking <i>What is spirituality and who does it? Student Chaplains will talk about the importance of having small groups of people to rely on, to grow with, and with whom to explore your spiritual self.</i>
INTO THE SUNSET		
Week 9	Monday, Nov. 16 4:00PM Dewing 305	Jobs and Internships in DC: Tips from a Washington Insider <i>Presentation by Nikki Finnemann '03</i>
	Monday, Nov. 16 7:00PM Dow 226	Conflict Resolution Work in North Korea: An Alumna shares her Experience <i>Hosted by the Justice & Peace Guild</i>
	Friday, Nov. 20 10:50AM Stetson Chapel	COMMUNITY REFLECTIONS: How Shall We Live?: A Service of Thankfulness <i>As we head into a week of thanksgiving, we'll reflect on the best of the K community and our role in preserving and establishing the community for those who come afterwards.</i>
Exam Week	Thursday, Dec. 3 4:00PM Seminar Rooms	Quarter One, One Quarter: Reflections on the First Leg (strongly recommended—ask your Peer Leaders about this!) <i>As we head into a week of thanksgiving, we'll reflect on the best of the K community and our role in preserving and establishing the community for those who come afterwards.</i>