

SEP 2017



EXPLORING MAJORS AND CAREERS

Plan your college path and build the life of your dreams

Humanities 15
Computer Lab
9/7: 12:30-1:30pm

Navigating Spartan Career Path

Make Spartan Career Path work for you! Join us in the computer lab for this interactive session that guides you through the ins and outs of utilizing the system to your advantage. Meet Career Development professionals during the session and make a one-on-one appointment! This is the ultimate Spartan Career Path how-to.

Campbell Hall 232
9/13: 5-6pm

Who Am I?

Who Am I and what does it have to do with my career development? Participate in this interactive and reflective session where we will focus on this very question! Learn how to relate your personal interests, characteristics, and strengths to opportunities on campus and career paths you are exploring.



HEALTHY RELATIONSHIPS

Identify the warning signs of abuse and learn where to get help

Sparts Den Lounge
9/12: 7-8pm

Escalation: What to Do if Warning Signs Appear

You may already be in a relationship, or have a friend in a relationship, or perhaps you're about to meet that special someone. Healthy relationships involve mutual respect and care. If there's an imbalance, things can escalate quickly. Over half of college students report it is difficult to identify dating violence. Learn potential warning signs, access to resources, and strategies for intervention.

William Walker Room
9/13: 12-1pm



COFFEE HOUSE CHAT-N-CHEW

Learn while you lounge in these casual meet-ups with local experts

Sparts Den Lounge
9/25: 7-8pm

Build Your Wealth from Day One:

Control Your Money Before It Controls You

Meet a wealth management expert and learn about credit cards and scores, student loans, identity theft, and personal budgeting. Enjoy snacks and prize drawings.



STUDENT WELLNESS SERIES

Learn how sleep, nutrition, and exercise contribute to college success

Sparts Den Lounge
9/19: 7-8pm

Snooze Your Way to Better Grades

Learn about the neuroscience of sleep, learning, and memory. Talk to healthcare experts about how to plan for and achieve the right amount of sleep—whether in a residence hall or at home—for your optimal academic performance. Enjoy snacks and prize drawings.

Sparts Den Lounge
9/27: 7-8pm

Eating Right in College

Meet YCP nutrition instructor Michelle Wood and learn strategies for maintaining healthy eating habits while navigating an unstructured and sometimes unpredictable campus schedule and dining plan. Understand how balanced nutrition improves brain function. Enjoy snacks and prize drawings.



LESSONS IN LEADERSHIP

Meet influential leaders who are shaping our world

WPAC
9/26: 7-8pm

Piper Kerman, Author of *Orange is the New Black*

Piper Kerman's best-selling memoir *Orange is the New Black: My Year in a Women's Prison* chronicles the 13 months she spent in the Federal Correctional Institution in Danbury, Connecticut. The book explores the experience of incarceration and the intersection of her life with the lives of the women she met while in prison. Sponsored by the Leadership Development Center. Free tickets are required. Contact leadership@ycp.edu.



FUN WITH YOUR FELLOWS

Free events to kick back, relax, and meet new people

See your FYS peer mentor for more info

William Walker Room
9/1: 4-6pm

Ice Cream Sandwich/Movie Night

Sparts Den Lounge
9/6: 4-5pm

FYS Ice Cream Social

William Walker Room
9/8: 8:30-9:30pm

Glow in the Dark Party

Manor North Field
9/14: 3:30-4:30pm

FYS Field Day

Student Union Entrance
9/20: 6-7pm

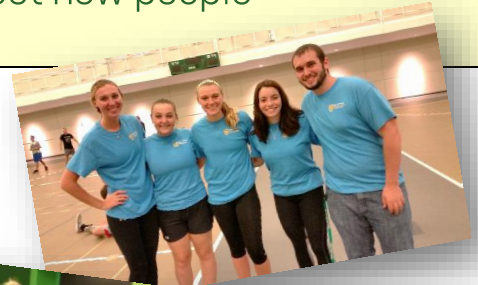
Scavenger Hunt

Manor North Field
9/29: 6-7pm

Capture the Flag

Manor North Field
9/30: 3-4pm

Scare Games



OCT 2017



EXPLORING MAJORS AND CAREERS

Plan your college path and build the life of your dreams

Humanities 15
Computer Lab
10/3: 3:30-4:30 pm

Resources for Career Exploration: Hands-on Demo

Learn how to use online resources that let you explore your personality, interests, academic strengths, and how to apply them to your career search! In this hands-on session, you will work at your own pace, starting wherever you are in your career planning process. Get ready to explore FOCUS, What Can I Do With This Major?, O*Net, and Candid Career.



HEALTHY RELATIONSHIPS

Identify the warning signs of abuse and learn where to get help

Sparts Den Lounge
10/3: 7-8 pm

William Walker Room
10/11: 4-5 pm

A Walk in Their Shoes

“Be a bystander”, “rape culture”, and “gender-based violence” are buzz words in society right now, but are often misunderstood. Many people who have experienced gender-based violence want to seek help – but don’t know how or where to go, or how to support a friend. Come take a walk in their shoes through interactive scenarios that explore the nuances of gender-based violence in a safe way and inform you of the resources available at YCP.



COFFEE HOUSE CHAT-N-CHEW

Learn while you lounge in these casual meet-ups with local experts

Sparts Den Lounge
10/12: 12-1 pm

Tasty Business: Restaurant Owner Shares Recipe for Success

Meet the local founder of Tutoni’s restaurant and Taste Test, the new pop-up restaurant series in the Royal Square arts and entertainment district. Learn her ingredients for excellence, innovation, and success. Enjoy snacks and prize drawings.

Manor Field
10/13: 10 am-12 pm

Paws for Learning: Rescuing Abandoned Dogs (Live encounters!)

Learn about the work of rescuing pets, and the efforts of York College’s own faculty and staff members. Enjoy hands-on encounters with rescued dogs. FYS students will share information on pet abandonment and rescue. Play games for prizes. Rain date Oct. 20.



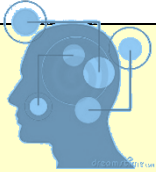
STUDENT WELLNESS SERIES

Learn how sleep, nutrition, and exercise contribute to college success

Sparts Den Lounge
10/4: 7-8 pm

Exercise Your Body and Your Brain

Enjoy a workshop by YCP fitness instructor Tammy Talarico on how to fit a manageable exercise plan into a busy college schedule. Learn how focusing on fitness can help your brain learn and perform more efficiently. Enjoy snacks and prize drawings.



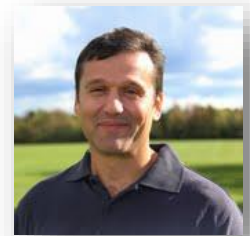
POP GOES PSYCHOLOGY

Explore life and literature through the science of behavior

Weinstock Lecture Hall
10/3: 11 am-12:30 pm

The Racial Politics of Harry Potter

Explore the world of Harry Potter through the lens of psychology. This campus lecture will address the question, "Are Harry, Ron, and Hermione color-blind when it comes to race?" Is the re explicit or implicit bias in Harry Potter (and what's the difference between the two)? Does it matter whether racism is intended, or whether it is an unintended outcome? Are there real-world implications to be considered with this popular series? Join us afterward for a book signing with Dr. Lyubansky.



Dr. Mikhail Lyubansky, professor of psychology at the University of Illinois Urbana-Champaign. Author and editor of popular works on series such as [Twilight](#), [The Girl with the Dragon Tattoo](#), [House](#), and [Buffy the Vampire Slayer](#).

Weinstock Lecture Hall
10/3: 2-3:30 pm

Justice in the World of Superheroes

Enter the superhero multiverse to compare different types of justice, including punitive justice (which is the mainstream justice system in the U.S.), vengeful justice and restorative justice. This campus lecture will consider the different kinds of justice portrayed in the popular Daredevil and Punisher comic series, as well as other superhero sagas. Join us afterward for a book signing with Dr. Lyubansky.



FUN WITH YOUR FELLOWS

Free events to kick back, relax, and meet new people

See your FYS peer mentor for more info

Sparts Den Lounge
10/3: 3:30-4:30 pm

Henna Tattoo Party

Manor North Field
10/7: 2-3 pm

FYS Games Festival

Sparts Den Lounge
10/11: 7-8 pm

Decorate Your Own Dessert

Sparts Den Lounge
10/20: 7-8 pm

Halloween Trivia Party

William Walker Room
10/23: 7-9 pm

Choco Tacos & Movie Night



NOV-DEC 2017



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Campbell Hall 232
11/1: 6:30-7:30 pm
11/2: 4-5 pm

My College Bucket List

In college, you shape every aspect of your life – academic, pre-professional, social, and spiritual. Opportunities abound at York College to meet new people, discover new interests, refine your strengths, have fun, and plan your exciting future. Learn how to get involved on campus and make college the time of your life.

Grumbacher Field House
11/9: 3:30-5:30 pm

Majors Fair

Meet faculty and advanced students from all programs of study. Learn about required courses, minors, internships, pre-professional clubs, and careers after college. Staff are on hand to guide first-time attendees to this event.



COFFEE HOUSE CHAT-N-CHEW

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Sparts Den Lounge
11/15: 7-8 pm

Paws for Learning: Rescuing Abandoned Reptiles (Live encounters!)

Meet reptiles of all sizes and species presented by a professional handler and local rescue organization director. Pet, feed, and pose for pics with the animals. Enjoy snacks and prize drawings.



LESSONS IN LEADERSHIP

Meet influential leaders who are shaping our world

Weinstock Lecture Hall
11/15: 2-4 pm

My Favorite Books with Dr. Marcia Grant, Global Higher Education Expert

Meet visiting Woodrow Wilson Fellow, scholar, and renowned expert on global education during a week of lectures and discussions. Learn about the books that have shaped her life personally and professionally. Dr. Grant has served institutions in Africa, the Middle East, and South Asia. She started a college for women in Jeddah, Saudi Arabia. She has served as a Fulbright Scholar and at Harvard's Kennedy School of Government. Sponsored by the Center for Civic Arts and Humanities.



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McDougal Lounge
12/13: 5-7 pm

DIY Crafts and Xbox Games

