

Leadership for Life is a series of seven short presentations on topics that will help you feel more comfortable and be successful at Mount Wachusett Community College. From the first one in February to the last one in April, leadership for life will help you:

- Get involved on campus
- Make new friends, understand differences
- Personal safety
- Make a difference in your community
- Academic success
- Become an advocate for your college

In addition to obtaining great information, Leadership for Life participants will also receive free cookies and beverages at each program and a leadership certificate if you attend at least six of the seven programs offered.

Leadership for Life will be held in the Murphy Room on Tuesdays (except Alternative Spring Break off campus and yoga) from 12:30 p.m. to 1:30 p.m. Since this series is held during lunch or community time, feel free to purchase your lunch in the café or brown bag from home. As our time is limited, it is essential that you arrive on time.

# Take the Lead!



Leadership for Life is sponsored by:  
The Office of Student Life

To sign up please fill out the form below  
by Tuesday, February 1, 2011

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Return to:

Sandy Arsenault  
Office of Student Life  
Room 151  
Mount Wachusett Community College  
Gardner, MA 01440

For Additional information or if you have a disability and may require accommodations in order to participate fully in program activities, please contact Greg Clement, Assistant Dean of Students, 978-630-9252 or [goclement@mwcc.mass.edu](mailto:goclement@mwcc.mass.edu) to discuss your specific needs. For American sign language interpreter services, two week notice is required.



**Mount Wachusett**  
*Community College*

[www.mwcc.edu](http://www.mwcc.edu)

## Leadership for Life III



## Show Me The Money

Tues., Feb. 1<sup>st</sup>

Murphy Room,  
12:30 - 1:30 PM

JoEllen Soucier-

Director, Student Records and Financial Management

This workshop will give you tips on applying for financial aid and how to maximize the amount of federal and state grants and scholarships available to you. JoEllen will also cover how to apply for institutional and private scholarships and what types of information is helpful to scholarship committees and donors.

## Be The Best Student You Can Be

Tues., Feb. 15<sup>th</sup>

Murphy Room,  
12:30 - 1:30 PM

Jo Ann Donovan, Assistant Dean of Academic Support Services

Are you disappointed with your grades? Are you on probation? Do you want to learn how you may improve your GPA? This workshop will provide you with helpful tips on improving your academic skills.

## A Lesson in History

Tues., March 1<sup>st</sup>

Murphy Room,  
12:30 - 1:30 PM

Dr. Vincent Ialenti will be giving a presentation on the history of MWCC. This Presentation will be about how the community college program came to be, how MWCC ended up in Gardner and ultimately the site of Heywood Farm.

## Alternative Spring Break

Tues., March 15<sup>th</sup>

Off-site Location TBA

Spend a day of Spring Break helping out the community. The Office of Student Life and the Center of Democracy will host a day of volunteering, Tuesday, March 15th. We will be sending out e-mails to our Leadership for Life participants in early February to give update information. Make sure you sign up fast as the slots go quickly!

## Jump Start Your Job Search

Tues., March 22<sup>nd</sup>

Murphy Room,  
12:30 - 1:30 PM

Patricia Brewerton, M.S., Career Placement

Learn helpful tips on 'setting yourself apart from the crowd' be it at a Job Fair or developing a great resume. Put your 'soft skills', gained through involvement in Student Government and Student Activities, to work for you!

## Experience the Art of Yoga

Tues., April 5<sup>th</sup>

Fitness Center,  
12:30 - 1:30 PM

Lori Pucko is certified through AFAA, Yoga Fit for seniors, body training Systems (Cinergy), and Les Mills (Body flow). Lori has been teaching yoga for 7 years, and group fitness for 23 years now. Participants will be going through a series of breathing and movement exercises to help enhance their mind/body balance, increase flexibility, improve strength and enhance brain activity and promote relaxation. Please wear comfortable clothing and sneakers.

Make a Difference

## Position Yourself as a Leader by

### Advocating for Your School

Tues., April 12<sup>th</sup>

Murphy Room,  
12:30 - 1:30 PM

Carol Cullins, Assistant Director of Admissions

When a person speaks highly of his or her school of higher learning, people listen. When a person shows pride in her or her education, people want to know more. When a person advocates for his or her school, people want to follow. Learn how advocating for MWCC will help you to be the person that others want to follow... now and well into the future.

