

## Reoccurring Events

### Transfer Workshop

Tuesday, Sept. 17, 1:00 pm  
 Wednesday, Oct. 2, 2:00 pm  
 Thursday, Nov. 7, 2:00 pm  
 Virtual

Join us online for a helpful overview of the transfer process.

Geoff Tabor, gtabor@berkshirecc.edu

### FAFSA Info Session and Completion Workshop

Wednesday, Sept. 4, 9:00 – 11:00 am  
 Friday, Sept. 20, 11:00 am – 1:00 pm  
 Monday, Oct. 7, 9:00 – 11:00 am  
 F139

Get help completing your FAFSA application for the fall 2024 and spring 2025 semesters. FAFSA is required for most forms of aid, including MassEducate, MassReconnect, the Nursing Scholarship Program and BCC Foundation scholarships. Bring your 2022 taxes and have your FAFSA login information. Those under age 24 should bring parental information, and parents will also need a FAFSA login.

OneStop@berkshirecc.edu or (413) 499-4660

### Art Therapy Workshop Series

Wednesday, Sept. 25, 1:00 – 3:00 pm  
 Tuesday, Dec. 10, 1:00 – 3:00 pm  
 K111

Begin and close the semester with creative exploration of your college experience through art therapy.

Cheryl Mirer, cmirer@berkshirecc.edu or Savannah Stanley, sstanley@berkshirecc.edu

### Glean Workshop

Thursday, Sept. 19, 2:00 – 3:00 pm  
 Wednesday, Oct. 16, 10:00 – 11:00 am  
 G12

Learn about Glean, the recording, transcribing and note-taking app available for FREE to all students (bring your laptop if you would like to follow along).

Darlene McCauley, dmccauley@berkshirecc.edu or Dana Buxton, dbuxton@berkshirecc.edu

## Adventure Program

Paterson's Adventure Program provides programs, events and equipment to get Paterson Recreation users into the outdoors. Unless noted, all programs are free but limited spots are available.

Contact: Craig Ptak, cptak@berkshirecc.edu

### Zoar Outdoor Zipline Trip

Monday, Oct. 21  
 Zoar Outdoor (transportation provided)  
 Zip through the forests on this great Paterson Adventure Program trip!

### Central Rock Gym Climbing Trip

Friday, Nov. 15  
 Central Rock Gym (transportation provided)  
 Learn the ropes of how to boulder and rock climb, though it can be addicting! No experience necessary.

### Jiminy Peak Ski & Snowboard Trip

Monday, Dec. 16  
 Jiminy Peak (transportation provided)  
 Kick off the ski and snowboard season. You provide the gear, and BCC will cover the lift ticket.

## Burke's Bake-Off

All Burke's Bake-Off events are **FORUM credit eligible**.

Students, staff and faculty will test their baking skills and win prizes. If needed, resources will be provided, including use of the kitchen.

### Sweet, Raised or Yeast Breads

Thursday, Oct. 17

### Pies

Tuesday, November 26

### Cookies

Thursday, December 12

## Paterson Events

All events are at Paterson Field House.

Contact: paterson@berkshirecc.edu

### Paterson Day

Friday, Sept. 6, All Day  
 Join us for tournaments, fitness classes, and contests all day long. Free Paterson water bottles for participating students!

### Fitness Center Introduction and Tour

Wednesday, Sept. 11, 9:30 am  
 Thursday, Sept. 12, 5:30 pm  
 Friday, Sept. 13, 1:00 pm  
 Get a tour of the Paterson facility, where we'll explain how to sign up for a membership, how to use some of the equipment in the fitness center and how we can help you reach your physical activity and wellness goals.

### Burke's Fitness Battle

Monday, Sept. 23 – Sunday, Nov. 3  
 This team-based challenge will help you stay active and build your sense of community at BCC.

### Club Basketball Practice

Starting Monday, Oct. 21  
 Mondays, 6:30 – 8:30 pm  
 Thursdays, 7:30 – 9:00 pm  
 Practice and compete against other college basketball clubs in the New England area.

### Introduction to Fitness

Oct. 15 – Nov. 7, Tuesdays at 3:00 pm & Thursdays at 5:30 pm  
 Jumpstart your fitness journey with a comprehensive mix of cardio, strength training, and core exercises, tailored to your fitness level.

### Open Recreation Women's Basketball

Tuesdays, Sept. 3 – Dec. 17, 6:00 – 8:00 pm  
 The Paterson court is reserved exclusively for women to come play basketball.

### Open Recreation Basketball

Thursdays, Sept. 5 – Oct. 17, 7:30 – 9:00 pm  
 Fridays, Sept. 13 – Dec. 20, 4:30 – 6:30 pm  
 Sundays, Sept. 8 – Dec. 22, 10:00 am – 1:00 pm

### Open Recreation Badminton

Fridays, Sept. 6 – Dec. 20

### Open Recreation Soccer

Saturdays, Sept. 7 – Nov. 16

## Fall 2024 Academic Calendar

### Professional Day

August 28

### Orientation Day

August 29

### Labor Day (no classes)

September 2

### Classes Begin

September 3

### Drop/Add Period

September 3-10

### Indigenous Peoples Day (no classes)

October 14

### Mid-Semester Grades Due

October 25

### Deadline for Credit/Audit Changes

October 25

### Spring 2025 Registration Opens (no classes)

November 5

### Professional Day (no classes)

November 5

### Veterans' Day (no classes)

November 11

### Thanksgiving Recess (no classes)

November 28-30

### Last Day for Course Withdrawals

December 5

### Regularly Scheduled Classes End

December 12

### Final Class Meetings/Examinations

December 13-19

### Final Grades Due

December 23

NON-PROFIT ORG.  
 U.S. POSTAGE  
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 Permit No. 50  
 Pittsfield, MA 01201

# FALL 2024 CALENDAR OF EVENTS





# FALL 2024: CALENDAR OF EVENTS

## September

### Welcome Tents

**Tuesday, Sept. 3 – Monday, Sept. 15**  
**Various Campus Locations**  
Meet BCC community members, get help finding classes, ask questions and enter to win a prize!  
studentengagement@berkshirecc.edu

### Student Government Association (SGA) Meet and Greet

**Tuesday, Sept. 3, 2:00 – 3:00 pm**  
**and Tuesday, Sept. 10, 2:00 – 3:00 pm**  
**G12**  
Join your peers from SGA to learn what they can do for you and how to get involved, plus tips for making the most of your time at BCC.  
sga@berkshirecc.edu

### BCC Scavenger Hunt

**Thursday, Sept. 5, 11:00 am – 2:00 pm**  
**(continuing until Sept. 12)**  
**Various Campus Locations**  
Participate in BCC's fun scavenger hunt, learn your way around campus and win prizes.  
studentengagement@berkshirecc.edu

### Non-traditional Student Tech Refresher

**Monday, Sept. 9, 10:00 – 11:00 am**  
**G-12**  
Has it been a while since you've used a computer? Get reacquainted with technology for a successful semester! Bring your laptop.  
Cheryl Mirer, cmirer@berkshirecc.edu

### BCC Library Open House Party

**Monday, Sept. 9, 12:00 – 5:00 pm**  
**Temporary Library in SBA**  
Drop in for food, fun and information. Join a scavenger hunt with prizes, games from our huge game collection, interactive demonstrations of library resources, altered book crafts and more.  
circulation@berkshirecc.edu

### Equipment Tour and Q&A with Pittsfield Fire Dept. Engine Company

**Tuesday, Sept. 10, 1:00 – 2:00 pm**  
**SBA G-12**  
Meet with members of the Pittsfield Fire Department and tour firefighting equipment.  
Seth Tuper, stuper@berkshirecc.edu

### 15<sup>th</sup> Annual Berkshire Biodiversity Day

**Friday, Sept. 13, 12:00 pm – Saturday, Sept. 14, 12:00 pm**  
**BCC Main Campus**  
Join biologists, naturalists and environmentalists to identify as many plants, animals, fungi and other organisms as possible during a 24-hour period.  
chelse@thebeatnews.org

### Academic Resource Exploration – A Tour

**Tuesday, Sept. 17, 1:00 – 2:00 pm**  
**Meet at the One-Stop Welcome Desk by 1 pm**  
Ever wonder what resources BCC has to offer? Join us for a tour-based workshop around campus to locate resources like Tutorial Services and the Writing Center.  
Cheryl Mirer, cmirer@berkshirecc.edu or Savannah Stanley, sstanley@berkshirecc.edu

### Meet & Greet with MA State Police

**Tuesday, Sept. 17, 1:00 – 2:00 pm**  
Meet with a representative of the MA State Police.  
Seth Tuper, stuper@berkshirecc.edu

### Major & Career Exploration

**Wednesday, Sept. 18, 10:00 – 11:00 am**  
**Virtual**  
Do you know what kinds of careers you can pursue with your major? Are you undecided about what you want to study? Attend this workshop to explore what makes a great fit for you.

### Falcon Fest

**Thursday, Sept. 19, 11:00 am – 2:00 pm**  
**Amphitheater and surrounding areas**  
Meet and learn about BCC clubs, organizations and resources. Look for the raffle wheel located at the Student Engagement table and enjoy special guest performers.  
studentengagement@berkshirecc.edu

### Meet & Greet with Pittsfield Police Department

**Thursday, Sept. 19, 1:00 – 2:00 pm**  
Meet with representatives of Pittsfield Police Dept.  
Seth Tuper, stuper@berkshirecc.edu

### QSA First Club Meeting

**Thursday, Sept. 19, 2:00 pm**  
**M302**  
Join club advisors for the first Queer Student Alliance student meeting of the semester.  
Erica Barreto ebarreto@berkshirecc.edu or Jay Miller jmiller@berkshirecc.edu

### Meet & Greet with County Ambulance Emergency Medical Technicians

**Tuesday, Sept. 24, 1:00 – 2:00 pm**  
**G12**  
Meet with EMTs and learn what they do on the job.  
Seth Tuper, stuper@berkshirecc.edu

### Talk Saves Lives

**Tuesday, Sept. 24, 2:00 – 3:00 pm**  
**M208**  
In many cases, suicide can be prevented. Learn the common risk factors for suicide, how to spot warning signs and how to keep our others safe.  
Lisa Mattila, lmattila@berkshirecc.edu or Anne Haywood, ahaywood@berkshirecc.edu

### Silencing Your Inner Critic

**Wednesday, Sept. 25, 11:00 am – 2:00 pm**  
**H111**  
If you feel out of place or doubt yourself most of the time, you may be experiencing imposter syndrome. Learn what imposter syndrome is and brainstorm strategies to quiet those thoughts.  
Sarah Burdick, sburdick@berkshirecc.edu

### James Baldwin Literary Celebration and Discussion

**Thursday, Sept. 26, 12:30 – 1:45 pm**  
**K111**  
Celebrate James Baldwin's life and works and honor the centennial anniversary of his birth. Featuring a panel of WIT Festival writers and dramatic readings of Baldwin's work.  
Matthew Müller, mmuller@berkshirecc.edu

### Meet & Greet with Emergency Medical Technicians from Action Ambulance

**Thursday, Sept. 26, 1:00 – 2:00 pm**  
Meet with EMTs working for Action Ambulance.  
Seth Tuper, stuper@berkshirecc.edu

## October

### Resume Review Day

**Tuesday, Oct. 1, 10:00 am – 3:00 pm**  
**M103 and Virtual**  
Get a 15-minute resume and/or cover letter review with a career coach or OLLI mentor.  
Sarah Burdick, careers@berkshirecc.edu

### 5 Affirmations to Improve Your Academic Attitude

**Wednesday, Oct. 2, 2:00 – 2:30 pm**  
**H-111**  
Affirmations are great tools to create positive transformations in your academic experience and life outside the classroom.  
Cheryl Mirer, cmirer@berkshirecc.edu or Savannah Stanley, sstanley@berkshirecc.edu

### Art & Appetizers

**Thursday, Oct. 3, 12:00 – 1:30 pm**  
**Students for Recovery Lounge, M303**  
Join in with Students for Recovery for creativity and connection. Refreshments provided.  
Darlene McCauley, dmccauley@berkshirecc.edu

### Massage Therapy Information Session

**Wednesday, Oct. 9, 4:30 pm**  
**G-12**  
Learn about BCC's Massage Therapy certificate program.  
Sean Reagan, sreagan@berkshirecc.edu

### BCC Quad Ribbon Cutting

**Friday, Oct. 11, 2:00 pm**  
**The BCC Quad**

### Meditation and Breathing

**Tuesday, Oct. 15, 2:00 – 2:30 pm**  
**H111**  
Use meditation and breathing techniques to focus your attention on the present and build resilience against stress and anxiety.  
Cheryl Mirer, cmirer@berkshirecc.edu or Savannah Stanley, sstanley@berkshirecc.edu

### Transfer Fair

**Thursday, Oct. 17, 10:00 am – 1:00 pm**  
**Connector**  
Join 20 local and regional admissions representatives to discuss transfer options.  
Geoff Tabor, gtabor@berkshirecc.edu

### Resume & Cover Letter Writing 101

**Thursday, Oct. 17, 11:00 am – 12:00 pm**  
**M102**  
Learn best practices for resume and cover letter writing. Work on these documents as a career coach walks you through proper formatting.  
Sarah Burdick, careers@berkshirecc.edu

### NEACAC College Fair

**Friday, Oct. 18, 9:00 – 11:00 am**  
**Paterson Field House**  
Meet with more than 100 colleges and universities.  
Megan Lussier, mlussier@berkshirecc.edu

### Pre-nursing Meet & Greet

**Friday, Oct. 18, 1:30 pm**  
**H205**  
Learn all about nursing programs at BCC.  
Sean Reagan, sreagan@berkshirecc.edu

### 8<sup>th</sup> Annual Berkshire Natural History Conference

**Saturday, Oct. 19, 9:00 am – 4:00 pm**  
**BCC**  
This event features a panel of accomplished speakers, exhibits with local environmental groups, books and natural history items for sale, and the annual Natural History Quiz.  
Cost: \$25 general public, \$15 students  
www.berkshirecc.edu/bnhc

### Annual Harvest Run & Kids Fun Run

**Saturday, Oct. 19, 10:00 am**  
**Paterson Field House**  
This year's theme is 1990s Nickelodeon cartoons. A cook-off competition, kids' activities and craft table, and best costume contest round out the day.  
Cost: \$25; free for children under 18  
www.berkshirecc.edu/harvestrun

### STEM Week

**Oct. 21 – 25**  
Celebrate STEM Week with events throughout Berkshire County, including on the BCC campus.  
Colin Wilson, cwilson@berkshirecc.edu

### Domestic Violence Awareness Month

**Monday, Oct. 21, 11:30 am – 1:30 pm**  
**Connector**  
Join the Elizabeth Freeman Center to learn about healthy relationships and how to help a friend in need. Learn about the resources EFC can provide.  
Lisa Mattila lmattila@berkshirecc.edu or Erica Barreto ebarreto@berkshirecc.edu

### Physical Therapist Assistant Info Session

**Tuesday, Oct. 22, 2:30 pm**  
**H - 303**  
Learn about BCC's PTA program and career opportunities for graduates.  
Sean Reagan, sreagan@berkshirecc.edu

### Fall 2024 Career Fair

**Wednesday, Oct. 23, 11:00 am – 2:00 pm**  
**Connector**  
Meet with employers across all industries who are looking to hire.  
Sarah Burdick, careers@berkshirecc.edu

### Intersex Panel

**Thursday, Oct. 24, 12:30 – 2:00 pm**  
**M317 and Virtual**  
Intersex Awareness Day highlights human rights issues faced by intersex people. Panelists will explore ways to support this growing movement.  
Erica Barreto ebarreto@berkshirecc.edu or Jay Miller jmiller@berkshirecc.edu

### Respiratory Care Information Session

**Friday, Oct. 25, 1:30 pm**  
**H205**  
Learn about BCC's Respiratory Care program, a field with growing opportunities in the local workforce.  
Sean Reagan, sreagan@berkshirecc.edu

### BCC Open House

**Saturday, Oct. 26, 9:00 – 11:00 am**  
**Connector**  
Megan Lussier, mlussier@berkshirecc.edu

## November

### Working with A Disability: To Disclose or Not Disclose

**Wednesday, Nov. 6, 2:00 – 3:00 pm**  
**SBA Lounge**  
Chat with special guests from the Massachusetts Rehabilitation Commission (MRC) and individuals with disabilities about their decision-making process on disclosing their disabilities. Attendance is limited to 10. Email Darlene McCauley, dmccauley@berkshirecc.edu, to RSVP.

### Test Anxiety: Can It Be Overcome?

**Thursday, Nov. 7, 11:00 am – 12:00 pm**  
**Student Support Center**  
Learn strategies to reduce test anxiety.  
Dana Buxton, dbuxton@berkshirecc.edu

### Kurzweil 101

**Tuesday, Nov. 12, 11:00 am – 12:00 pm**  
**G-12**  
Gain hands-on experience using Kurzweil, the text-to-speech web app that helps students engage with course materials more efficiently.  
Dana Buxton, dbuxton@berkshirecc.edu

### Non-traditional Students and Their Journeys

**Tuesday, Nov. 12, 4:30 – 6:00 pm**  
**Connector**  
BCC faculty and staff who took an untraditional route to college will share their stories. Dinner provided. Children welcome. Register at berkshirecc.edu/ants by November 5.  
Cheryl Mirer, cmirer@berkshirecc.edu

### How to Navigate the Job & Internship Search

**Wednesday, Nov. 13, 2:00 – 3:00 pm**  
**Virtual**  
Planning to start a job or internship search? Attend this workshop for some helpful tools and best practices for success.  
Sarah Burdick, careers@berkshirecc.edu

### Recovery & Wraps

**Thursday, Nov. 14, 12:00 – 1:30 pm**  
**Students for Recovery Lounge, Melville 303**  
Join Students for Recovery for wraps, conversation and connection!  
Darlene McCauley, dmccauley@berkshirecc.edu

### Self-Advocacy: Redefining Confrontation

**Tuesday, Nov. 19, 2:00 – 2:30 pm**  
**M103**  
Confrontation can be positive and result in win-win situations for everyone involved. Explore how to have constructive conversations with respect and kindness.  
Cheryl Mirer, cmirer@berkshirecc.edu or Savannah Stanley, sstanley@berkshirecc.edu

### Transgender Day of Remembrance

**Wednesday, Nov. 20, 2:00 pm**  
Nov. 20 marks the International Transgender Day of Remembrance, a day to remember the lives of trans people who lost their lives as a result of trans-antagonistic violence.  
Contact Erica Barreto ebarreto@berkshirecc.edu or Jay Miller jmiller@berkshirecc.edu

## December

### Preparing for Finals

**Tuesday, Dec. 3, 2:00 – 3:00 pm**  
**M103**  
Discuss how to prepare for finals and approach your exams with confidence.  
Cheryl Mirer, cmirer@berkshirecc.edu or Savannah Stanley, sstanley@berkshirecc.edu

### De-Stress Fest!

**Thursday, Dec. 5, 11:30 am – 1:15 pm**  
**Connector**  
Join Personal Counseling and Students for Recovery for fun and free food! De-stress and meet other students before the end of the semester.  
Lisa Mattila lmattila@berkshirecc.edu or Anne Haywood ahaywood@berkshirecc.edu

### How to Ace the Interview

**Thursday, Dec. 5, 1:00 – 2:00 pm**  
**M102**  
Brush up on skills and learn how to impress employers in an interview.  
Sarah Burdick, careers@berkshirecc.edu

## Workforce Development & Community Education Lunch & Learn

**Wednesday, Nov. 6, 11:30 am – 1:00 pm**  
**Teaching Kitchen**

Join the BCC Workforce team for lunch and chat with us. While you're here:

- Explore the programs we offer.
- Learn about the various workshops and training sessions designed to enhance your professional skills.
- Discover the latest job trends in the Berkshires and learn how our team can help you navigate your career path.

Jen Hoffman, jhoffman@berkshirecc.edu.

Events highlighted in orange are FORUM Credit eligible.

Check out [berkshirecc.edu/events](https://berkshirecc.edu/events) for more details on each session. If you need special assistance for any of these events, please contact the Student Engagement Center as soon as possible at (413) 236-1660.