



Marymount Manhattan College

Handbook for New Majors



Department of Natural Sciences
Fall 2020

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First-year Students, Welcome to Marymount Manhattan College!

To help you in your first few weeks at Marymount Manhattan College, we have put together a booklet pertaining to your chosen major Biology, Biomedical Sciences, Behavioral Neuroscience, and Environmental Studies/Urban & Environmental Sustainability. In the following pages, you will find a general MMC overview and specific information pertaining to these Natural Science Programs. You will also find faculty telephone numbers, e-mail addresses, major and minor curriculum requirements, additional important information and some helpful tips.

Getting Around MMC

Center for Student Services and Financial Aid (Nugent, Lower Level)

Here, students are able to pay tuition, access financial aid information and counseling, request transcripts, check course listings and updates, meet with a financial aid advisor, and search for internships or career information.

Telephone: (212) 517-0500

Hours: Monday – Thursday 9:00 am – 7:00 pm
Friday 9:00 am – 5:00 pm

Student Financial Aid Supervisor
(212) 517-0669

Director of Student Accounts
(212) 517-0551

CSS@mmm.edu

FinancialAid@mmm.edu

StudentAccounts@mmm.edu

The cost of requesting an official transcript is \$5.

Academic Advisement (Nugent, Lower Level)

Here you can get:

- Pre/co requisite waiver forms
- Advisement literature
- Faculty Advisor assignments
- Declaration of major/minor
- Change of major/minor
- Course withdrawals
- Maintenance of matriculation
- Re-Admission interviews/assessment
- Transfer credit allocation
- Academic probation counseling
- Internship/ job info
- Course substitution referrals
- Permission to take courses at other institutions
- DS/AIP curriculum and Major Requirements
- Talk about any academic issues with an Advisor

Telephone: (212) 517-0568

Hours: Monday– Friday: 9:00 am – 5:00 pm

Michael Salmon, M.Sc.

Dean of Academic Advisement and Student Retention
(212) 517-0529

Thomas J. Shanahan Library (Second & Third Floors of Nugent)

Telephone: (212) 774-4800

Hours: Monday – Thursday 9:00 am – 10:00 pm, Friday 9:00 am – 5:00 pm

Career Services

Services offered include: resume and cover letter writing and review, interview preparation (including mock interviews with immediate feedback), job search tips, introduction to networking, and general career counseling.

Carson Hall 106
(212) 517- 0599

Robin E. Nackman, Esq.
Executive Director
rnackman@mmm.edu
(212)-774-4860

Dining Services

Students can pay cash or use a credit card at each of these venues or participate in the debit card (DB) system. **Visit the Center for Student Services** (see page 2) for more information about the DB system.

Starbucks (Nugent, Lounge)

A coffee shop with assorted food and beverage items.

Hours:

Monday – Thursday	Friday	Saturday	Sunday
8:00 am – 8:30 pm	8:00 am – 5:00 pm	10:00 am – 2:00 pm	CLOSED

Main Café (4th Floor Carson Hall)

MMC's central dining room offering pizza, sandwiches and daily food specials.

Hours:

Monday – Thursday	Friday	Saturday & Sunday
8:30 am – 7:30 pm	8:30 am – 5:00 pm	CLOSED

Convenience Store (55th Street Dorms)

Provides students with a variety of food and sundry items.

Hours: Daily 11:00 am – 11:00 pm

MMC Eats- Use your student ID and get 10% off at:

Anka Grill: 642 Lexington Ave. New York, NY 10022

Neil's Coffee Shop: 961 Lexington Ave. New York, NY 10021

Mel's Burger Bar: 1450 2nd Ave. New York, NY 110021

5 Napkin Burger: 1325 2nd Ave. New York, NY 10021

Hunter Deli: 966 Lexington Ave. New York, NY 10021

The Meatball Shop: 1462 2nd Ave New York NY 10021

Paname: 1068 2nd Ave. New York, NY 10022

Milk and Hops: 1159 1st Ave. New York, NY 10065

Jersey Mikes: 938 3rd Ave. New York, NY 10022

Café Bacio: 1223 3rd Ave. New York, NY 10021

Just Salad: 1306 1st Ave. New York, NY 10021

Quick Info about MMC

Advisement

- All communication is done through **your assigned MMC** email. See *Information Technology* office (4th floor Carson Hall)
- Get familiar with *MMC Connect* a link on the MMC website. Here you can find out who your advisor is and locate information regarding class schedules, GPA and financial aid status as well as access any holds you may have on your account.
- Registration is also done online via *MMC Connect*.
- Always choose classes that meet degree requirements and are at the appropriate academic level in **consultation with your advisor**.
- Degree requirements include courses in the *Disciplinary Specific (DS) Courses/Advanced Interdisciplinary Perspective (AIP) Courses*, Major and Minor. Each student has credits of Open Electives, which can be filled with other interesting courses.
- 120 credits are required to graduate.
- Your schedule should be a reflection of all the above and should be balanced (not taking all Major requirements or all the general education requirements or all electives in one semester).
- **First Freshmen/Sophomores Advisement Day is Tuesday, November 11, 2020.**
- Find us on Facebook, LinkedIn, and Instagram by searching “MMC Biology”.

Books

- **Required Course textbooks are posted online under latest class info.**
- Most books can be obtained through the Marymount Manhattan College Online Bookstore

<https://mmm.textbookx.com/institutional/index.php>

Work Study

Work Study eligible individuals should see the Division of the Sciences Administrative Assistant (7th floor Carson Hall) and confirm their work-study eligibility with the Center for Student Services (see page 2).

Student Organizations

There are many clubs and student-based organizations here at MMC. The Biology clubs are the *Science Society/ASBMB Student Chapter*, *Pre-Med Club* and the *Forty Percent Club*. The American Society for Biochemistry and Molecular Biology (ASBMB) *Student Chapter* is particularly for students within the Biology major interested in research. Each club holds meetings throughout the semester. Clubs also organize special events during the year such as trips to local museums, galleries and symposiums. You will meet club officers at the beginning of the semester in one of your Biology classes.

Biology Honor Society

MMC has an active chapter of the Biology Honor Society, *Chi Omega Lambda* ($\chi\Omega\lambda$). Membership application and induction ceremonies are announced during the academic year

Helpful Tips

- Elevators are crowded and full before and after class! **Take the stairs** or give yourself extra time.
- **Library computers** are not always dependable for last minute printing. Give yourself enough time to print in case of mishap.
- **Lockers** are available for free to all students
 - Present ID to Student Affairs (see page 3) with desired locker number.
 - Locks are not provided.
- Many **textbooks** are put on reserve for student use in library. For use, ask your instructor or the reserve librarian.
- The college and professors must contact you through your **MMC email account**. **Check the MMC email account often.**
- Most **museums** are by donation only, visit often because it can cost as little as a penny!
- **Condoms** are given out for **free** at the office of Student Affairs.
- 55th Street “**C**” **Store** is convenient but get familiar with nearby affordable markets for a wider variety of groceries.
- **Starbucks** is a great place to hang out in between classes and get a coffee.
- The **bulletin boards** around school contain information regarding many opportunities for students. Specifically, the bulletin boards on the Main, 6th floor contain information regarding grad schools, internships, conferences and seminars. Be sure to check them out.
- The Natural Science Department office also offers **resource books**, containing information regarding graduate schools, grad school admissions, internships, and other career advice.

The Division of Sciences

As a Biology, Biomedical, and ENV/UES major, you are part of the Department of Natural Sciences, which is housed in the *Division of the Sciences*. The main office of the Division of the Sciences is located on the 7th floor of Carson Hall. The newest major, Behavioral Neuroscience, is shared between the natural sciences and psychology divisions. Professors of *Psychology* and *Communications Sciences and Disorders* also have their individual offices there.

Professors of *Natural Science* and *Mathematics* have their offices on the 6th floor of the Carson Hall. They are split between Rooms 603 and 614. In addition to the faculty offices, the 6th floor also holds the Biology Laboratory (Room 615), the Chemistry Lab (Room 613), the Physics Lab (Room 612), the Laboratory Supervisor's office (Room 601), as well various research spaces.

FACULTY CONTACT INFORMATION

Division of the Natural Sciences

Chair, Division of the Sciences

Benedetta Sampoli Benitez, PhD	212-517-0653	706L	bsampoli@mmm.edu
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Mathematics

Lia Margolin, PhD – Dept Chair	212-517-0650	614	lmargolin@mmm.edu
Philip Meyers, PhD	212-517-0663	614	pmeyers@mmm.edu
Steven Wat, MS	212-517-0652	603	swat@mmm.edu
Ken Ching, PhD	212-517-0657	614	kching@mmm.edu

Natural Sciences

Ann Aguanno, PhD – Dept Chair	212-774-4834	603	aaguanno@mmm.edu
Paul Della-Rocca – Lab Supervisor	212-517-0598	603	pdella-roca@mmm.edu
Alessandra Leri, PhD	212-517-0661	603	aleri@mmm.edu
Matthew Lundquist, PhD	212-517-0667	603	mlundquist@mmm.edu

Behavioral Neuroscience

Deitra Hunter-Romagnoli, PhD	212-774-0777	706	dhunter@mmm.edu
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TBA – Admin Assistant	212-774-0725	706	
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Getting to Know Our Laboratories

Biology Laboratory	Carson Hall 615
Chemistry Laboratory	Carson Hall 613
Physics Laboratory	Carson Hall 612
Cellular and Molecular & Tissue Culture Research Facility	Carson Hall 602
Computational Research Lab	Carson Hall 600
Biogeochemistry Research Facility	Carson Hall 611
Urban Ecology Research Facility	Carson Hall 601

Laboratory Supervisor

Paul Della-Rocca

Carson Hall, Room 603

The Lab Supervisor is available to answer any general questions pertaining to the lab, lab equipment, or personal protection and safety. A faculty instructor should address any specific course-related questions. **All problems should be immediately brought to the attention of the Lab Supervisor or a Faculty Instructor.**

Tips for Success in the Lab Classes:

- **Prepare before each lab by reading** through procedures and background information.
- Complete any pre-lab assignments.
- Always conduct yourself in a professional manner.
- Do not hesitate to **ask a question** if you are unsure of proper procedures.
- Always keep a proper lab notebook.
- **Lab coats and proper personal protection equipment are required when working in any lab.**

Lab coats are required for all laboratory courses. Safety goggles are required for all Chemistry Labs. You can purchase them at:

www.allheart.com

www.bestbuyuniforms.com

www.automotiveworker.com

www.medweardirect.com

Pre-med Track, Research, Internships and Thesis Options

Pre-Med

The “**Pre-Med**” track is a common path taken by many Biology majors at MMC. Our **Bachelor of Science (B.S.) in Biology and Biomedical Science Major** provides outstanding educational training for those who wish to go on to Medical, Dental or Veterinary School.

It is excellent as well for students pursuing advanced degrees in Biology, Biochemistry, Public Health, Biomedical Sciences, Urban and Environmental Sustainability, or Nutrition. B.S. degree recipients are also fully prepared to enter the Health Sciences or Biomedical Industry directly after graduation.

For the pre-med student, the Department offers many levels of support, including pre-professional committees, seminars by current professionals in health fields, and a pre-med student club.

Research

Research opportunities are offered through the department. Being involved in some form of research will further your college experience and strengthen your resume. Most professors conduct research throughout the year and are always looking for interested students. **Do not hesitate to inquire about these opportunities.** Professors are also a good source of information about outside research opportunities.

Internships

Many students intern at various places throughout NYC including Sloan Kettering, Columbia University Medical Center, Rockefeller University, Weill Cornell, Hospital for Special Surgery and the American Museum of Natural History. Ask your Biology advisor for more information.

Thesis Option

A **Thesis Track** is available for students conducting clinical or basic research over multiple semesters. Students who complete the requirements of the Thesis graduate with Honors in the Major. Talk with your Biology advisor about this option.

B.S. Biology

Courses Required for this Major:

FIRST YEAR

Fall

General Chemistry I (CHEM 233)
 General Chemistry I Lab (CHEM 234)
 (CHEM236)
 General Biology I w/ lab (BIOL 220)
 222)
 The Urban Ecosystem (ENV 117)
 Precalculus (MATH 141)

Spring

General Chemistry II (CHEM 235)
 General Chemistry II Lab
 General Biology II w/ lab (BIOL
 222)

SECOND YEAR

Fall

Laboratory Research Methods (BIOL 251)
 Organic Chemistry I (CHEM 317)
 Organic Chemistry I Lab (CHEM 318)
 Calculus (MATH 210)
 234)

Spring

Organic Chemistry II (CHEM 319)
 Organic Chemistry II Lab (CHEM 320)
 Cell and Molecular Biology w/ lab (BIOL
 234)

THIRD YEAR

Fall

Physics I w/ lab (PHYS 261)
 Microbiology w/ lab (BIOL 320) *or*
 Physiology w/ lab (BIOL 329)
Science Research or Internship

Spring

Physics II w/ lab (PHYS 262)
 Genetics (BIOL 425) *or*
 Biochemistry (BIOL/CHEM 441)
Science Research or Internship

FOURTH YEAR

Fall

Microbiology w/ lab (BIOL 320) *or*
 Physiology w/ lab (BIOL 329)
Science Research or Internship

Spring

Genetics (BIOL 425) *or*
 Biochemistry (BIOL/CHEM 441)
 Senior Seminar
Science Research or Internship

Total Credits: 60

Students will be placed into MATH 141 (Pre-Calculus with Recitation) or higher depending on their entrance qualifications. BS majors must complete Calculus I (MATH 210)

B.A. Biology: Human Biology, Health and Society

Courses Required for this Major: (this sample schedule is subject to change based on course offerings)

FIRST YEAR

Fall

Biology for the Informed Citizen
The Urban Ecosystem (ENV 117)

Spring

Concentration course #1
Precalculus (MATH 141)

SECOND YEAR

Fall

General Biology I (BIOL 220)
Concentration Course #2
Elective in the Major
Biostatistics (BIOL/MATH 218)

Spring

General Biology II (Biol 222)
Concentration course #3
Elective in the major

THIRD YEAR

Fall

General Chemistry I (CHEM 233)
General Chemistry I Lab (CHEM 234)
(CHEM236)

Spring

General Chemistry II (CHEM 235)
General Chemistry II Lab
Concentration course #4
Concentration course #6

FOURTH YEAR

Fall

Concentration course #7
Science Research or Internship

Spring

Capstone experience
Science Research or Internship

Total Credits: 52- 53

Students will be placed into MATH 141 (Pre-Calculus) or higher depending on their entrance qualifications. BA majors must complete Biostatistics (MATH 218). BA majors will choose one of four concentrations (Biotechnology, Environmental Health, Public Health, or Movement Science) and take concentration courses specific to each.

B.S. Biomedical Science

Courses Required for this Major: (this sample schedule is subject to change based on course offerings)

FIRST YEAR

Fall

General Chemistry I (CHEM 233)
General Chemistry I Lab (CHEM 234)
General Biology I w/ lab (BIOL 220)
Precalculus (MATH 141)

Spring

General Chemistry II (CHEM 235)
General Chemistry II Lab (CHEM 236)
General Biology II w/ lab (BIOL 222)

SECOND YEAR

Fall

Organic Chemistry I (CHEM 317)
Organic Chemistry I Lab (CHEM 318)

Spring

Organic Chemistry II (CHEM 319)
Organic Chemistry II Lab (CHEM 320)
General Psychology (PSYCH 101)

THIRD YEAR

Fall

Physics I w/ lab (PHYS 261)
Biostatistics (BIOL/MATH 218)
Science Research or Internship

Spring

Physics II w/ lab (PHYS 262)
Biochemistry (BIOL/CHEM 441)
Science Research or Internship

FOURTH YEAR

Fall

Introduction to Sociology (SOC 101)
Science Research or Internship

Spring

Biochemistry (BIOL/CHEM 441)
Science Research or Internship

Total Credits: 49

BS in **Biomedical Sciences** provides the prerequisites to enter medical, veterinary and other allied health professional schools but is designed so **students may double major** in other fields of interest

BA Environmental Studies

Courses Required for this Major: (this sample schedule is subject to change based on course offerings)

FIRST YEAR

Fall

Environmental Science (ENV 115)

The Urban Ecosystem (ENV 117)

Precalculus (MATH 141)

Spring

ENV major elective

SECOND YEAR

Fall

Biostatistics (BIOL/MATH 218)

Environmental Justice (PHR 218)

Spring

ENV major elective

THIRD YEAR

Fall

Controversies in Env. Science (ENV 314)

Global Sustainability (ENV/IS 318)

320)

Spring

Environmental Ethics (ENV/PHIL 306)

EcoCulture & Sustainability (ENV/PHR

FOURTH YEAR

Fall

Green Political Thought (PS 355)

ENV major elective

Spring

Research/Capstone (ENV 497)

Total Credits: 42

B.A. Urban and Environmental Sustainability

Courses Required for this Major: (this sample schedule is subject to change based on course offerings)

FIRST YEAR

Fall

Environmental Science (ENV 115)

The Urban Ecosystem (ENV 117)

Spring

ENV major elective

SECOND YEAR

Fall

Biostatistics (BIOL/MATH 218)

Environmental Justice (PHR 218)

Spring

ENV major elective

THIRD YEAR

Fall

Global Sustainability (ENV/IS 318)

ENV major elective

Spring

Environmental Ethics (ENV/PHIL 306)

EcoCulture & Sustainability (ENV/PHR 320)

FOURTH YEAR

Fall

ENV major elective

Spring

Research/Capstone (ENV 497)

Total Credits: 36

BS Behavioral Neuroscience

Courses Required for this Major: (this sample schedule is subject to change based on course offerings)

FIRST YEAR

Fall

General Biology I w/ lab (BIOL 222)
General Psychology II (PSYCH 102)

Spring

General Biology II w/ lab (BIOL 222)
Principles of Chemistry (CHEM 103)

SECOND YEAR

Fall

Cellular and Molecular Biology (BIOL 240)
Perception (PSYCH 241)

Spring

Biostatistics (BIOL/MATH 218)
Elective

THIRD YEAR

Fall

Developmental Neurobiology (BIOL 335)
Elective

Spring

Behavioral Neuroscience (PSYCH 333)
Elective

FOURTH YEAR

Fall

Drugs and the Brain (BIOL/PSYCH 348)

Spring

Research/Capstone (NEU 497)

Total Credits: 45

Science-Based Clubs

Students in these clubs can have membership in the American Society of Biochemistry and Molecular Biology (ASBMB), which encompasses our Student Chapter of the ASBMB. Students must participate in at least two events per semester to hold their membership.

Science Society

The purpose of this organization shall be to promote appreciation of science for all majors. This club strives to educate students in the many fields of science through professional panels, focused group meetings and community outreach events on and off campus. The enrichment of science education is of utmost importance to the members of this club.

Pre-Med Club

The organization is geared towards students who are interested in a career in medicine. This club holds events related to medicine and has information sessions on medical school admissions, requirements and MCAT prep.

The Forty Percent Club

This organization is designed for all marginalized groups who participate in STEM (Science, Technology, Engineering, Math) programs. The main goal is get individuals in these fields to 100% confidence level entering into the STEM work field.

SustainMMC

The purpose of this organization is to promote sustainable practices among students, staff, and faculty.

On Campus Job Opportunities

MMC offers Work Study Opportunities to students who are eligible. Students who think they are work-study eligible should contact the Financial Aid office (see page 2) and confirm their ability to work. Those students who are eligible should try to find jobs located in the Department of Natural Science and Mathematics by speaking to either the Divisional secretary or to a professor.

Jobs in the Department of Natural Science and Mathematics include:

Office assistant- this job entails working inside the Department office doing basic office work. This job allows you to build up your practical skills, and allows for a strong relationship to develop between yourself and the professors.

Lab Supervisor Assistant- This job entails working with the Laboratory Supervisor in the preparation of lab courses. This job will include basic lab upkeep as well as solution making and lab waste management. This job will help student's gain experience working inside a lab.

Recruiting Assistant- This job entails working with the Biology Faculty recruiter. The assistant helps develop promotional and marketing materials about the biology major and requires extensive interaction with prospective biology majors. This job allows you to build up your practical skills, and allows for a strong relationship to develop between yourself and the professors.

Other jobs include:

Student assistant (Work Study and non-work study): These jobs are good because they not only give you money and some experience, but they also allow you to build a relationship with professionals who can give you career advice and write you a letter of recommendation. MMC offers student assistant jobs in the library, mailroom and throughout the campus departments.

See the bulletin board across from Room 603 as well as the Resource books on the shelf in the Natural Science and Mathematics department office for a list of many job, scholarship, and research opportunities. Also ask faculty members in the department.

See the Center for Student Services, located on the lower level of the Nugent building, for campus wide work study/student assistantship opportunities.

Academic Calendar Fall 2020 – Spring 2021

September 2020		
September 7	Monday	Labor Day - College Closed
September 8	Tuesday	Last Day to Submit Internships and Independent Study Contracts for Fall 2020
		Last Day to Register for Pass/Fail for Fall 2020
		Last Day to Apply for an Audit
		Last Day to Add a Class
September 9	Wednesday	Last Day for students to submit any outstanding assignments to complete coursework and resolve "INC" grades.
September 17	Thursday	Constitution & Citizenship Day - No Classes/Special Activities in Lieu of Classes/ College Open
September 19	Saturday	Rosh Hashanah (Jewish) - Classes in Session / College Open
September 22	Tuesday	Last Day to Drop a Course w/o a Grade
September 23	Wednesday	Fall 2020 "W" Period Begins
September 24	Thursday	Apple Fest
September 28	Monday	Yom Kippur (Jewish) - No Classes / College Open
October 2020		
October 1	Thursday	Last Day for Faculty to submit all Change of Grade forms to resolve "INC" grades from Spring and Summer 2020. Any unresolved "INC" grades will be converted to "F" grades on this date.
October 12	Monday	Fall Holiday - College Closed
October 16-18	Friday-Sunday	Homecoming and Family Weekend
October 18	Sunday	Dean's List Convocation
October 21	Wednesday	Last Day to Withdraw from Fall with a "W" Grade
October 22	Thursday	Fall 2020: Withdrawals as of this Date Result in "WF" Grades
TBD	TBD	Fall Open House #1
November 2020		
November 1	Sunday	Daylight Saving Time Ends (Fall Back)
November 6	Friday	Registration for Spring and Summer 2021 for Continuing Students Begins
November 3	Tuesday	Election Day
November 3	Tuesday	Advisement Day (Seniors/Juniors) for Spring/Summer 2021 Course Selection / CityEdge Day (Sophomores / First-Year) - No Classes / College Open
November 11	Wednesday	Advisement Day (Sophomores / First Year) for Spring/Summer 2020 Course Selection / CityEdge Day (Seniors/Juniors) - No Classes / College Open
November 15	Sunday	Last Day to submit Online Graduation Application for June 1, 2021
TBD	TBD	Fall Open House #2
November 25	Wednesday	Thanksgiving Recess - Administrative Offices Closed / Residence Halls remain open
November 26-27	Thursday-Friday	Thanksgiving Recess - College Closed / Residence Halls remain open
November 28-29	Saturday-Sunday	No Classes
December 2020		
December 3	Thursday	Payment Due for January 2021
December 7	Monday	Registration for Spring for New Students Begins
December 8	Tuesday	Reading Day - No Classes / College Open
December 11	Friday	Reading Day - No Classes / College Open
December 11-18	Friday-Friday	Hanukkah (Jewish)
December 14	Monday	Last Day to Withdraw from Fall 2020 with a "WF" Grade
TBD	TBD	Winter Open House
December 19 - 29	Saturday - Tuesday	Submission of Fall 2020 Grades
December 21	Monday	Fall 2020 Semester Ends
December 22	Tuesday	Residence Halls Close at Noon
December 24-31	Thursday-Thursday	Holiday Recess - Administrative Offices Closed
December 24	Thursday	Christmas Eve (Christian)
December 25	Friday	Christmas Day (Christian)

January 2021		
January 1	Friday	New Year's Day - College Closed
January 2	Saturday	January 2021 Session Resident Student Move-In starting at Noon
January 4	Monday	January 2021 Session Begins
January 4	Monday	January 2021 Session Late Registration & Program Change (Add/Drop)
January 4	Monday	Last Day to Submit Internship and Independent Study Contracts for January 2021 Session
		Last Day to Register for Pass/Fail for January 2021 Session
		Last Day to Apply for an Audit
		Last Day to Add a Class
		Last Day to Drop a Course w/o a Grade
January 4	Monday	Payment due date for Spring 2021
January 5	Tuesday	January 2021 "W" Period Begins
January 8	Friday	Last Day to Withdraw from January 2021 Session with a "W" Grade
January 9	Saturday	January 2021: Withdrawals as of this Date Result in "WF" Grades
January 11	Monday	Late Registration begins for Spring 2021
January 18	Monday	Martin Luther King, Jr. Day - College Closed
January 22	Friday	Last Day to Withdraw from January 2021 with a "WF" Grade
January 27	Wednesday	Annual Faculty Retreat
January 27 - January 31	Wednesday - Sunday	Submission of January 2021 Grades
January 28	Thursday	Residence Halls reopen at 9 AM for all residents
January 28	Thursday	Parents and Family Orientation
January 29	Friday	New and Transfer Student Orientation Events and Welcome Back Events
January 29	Friday	January 2021 Session Ends
February 2021		
February 1	Monday	Spring 2021 Semester Begins
February 1 - February 8	Monday - Monday	Spring 2021 Program Change Period (Add/Drop)
February 8	Monday	Last Day to Submit Internship and Independent Study Contracts for Spring 2021
		Last Day to Register for Pass/Fail for Spring 2021
		Last Day to Apply for an Audit
		Last Day to Add a Class
February 8	Monday	Last Day to change major/concentration/minor for graduating seniors
February 9	Tuesday	Last Day for students to submit any outstanding assignments to complete coursework and resolve "INC" grades for Fall 2020.
February 12	Friday	Chinese New Year
February 15	Monday	Presidents' Day - College Closed
February 23	Tuesday	Last Day to Drop a Course w/o a Grade
February 24	Wednesday	Spring 2021 "W" Period Begins
March 2021		
March 1	Monday	Last Day for Faculty to submit all Change of Grade forms to resolve "INC" grades from Fall 2020. Any unresolved "INC" grades will be converted to "F" grades on this date for Fall 2020.
March 11	Thursday	Honors Day - Special Activities in Lieu of Classes
March 14	Sunday	Daylight Saving Time Begins (Spring Forward)
March 17	Wednesday	Advisement Day (Seniors/Juniors) for Fall 2021 and January 2022 Course Selection / CityEdge Day (Sophomores / First-Year) - No Classes / College Open
TBD	TBD	Accepted Student Day #1
March 22	Monday	Continuing Students Registration for Fall 2021 and January 2022 Begins
March 22	Monday	Last Day to Withdraw from Spring 2021 with a "W" Grade
March 23	Tuesday	Spring 2021: Withdrawals as of this Date Result in "WF" Grade
March 28-April 4	Sunday-Sunday	Passover - (Jewish)
March 29-April 1	Monday-Thursday	Spring Break - No Classes / College Open

April 2021		
April 2	Friday	Spring Holiday - No Classes / Administrative Offices Closed
April 2	Friday	Good Friday (Christian)
April 3	Saturday	No Classes
April 3	Sunday	Easter Sunday (Christian)
April 26	Sunday	Accepted Student Day #2
April 13	Tuesday	Advisement Day (Sophomores/First-Year) for Fall 2021 and January 2022 Course Selection / CityEdge Day (Seniors/Juniors) - No Classes / College Open
April 13	Tuesday	Ramadan Begins at sunset (Muslim)- Classes in Session / College Open
May 2021		
May 1	Saturday	Deadline to submit Special Request for Permission to Participate in May 2021 Commencement Ceremony
May 3	Monday	Payment Due for Summer I and II 2021
May 3-7	Monday-Friday	MMC Week
May 4	Tuesday	Fall 2021 New Student Registration Begins
May 6	Thursday	Strawberry Fest
May 13	Thursday	Last Day to Withdraw from Spring 2021 with a "WF" Grade
May 13	Thursday	Eid al-Fitr (Muslim)
May 17	Monday	Summer I 2021 Late Registration
May 18 - May 27	Tuesday - Thursday	Submission of Grades for Spring 2021* * Compliance with this deadline is critical to ensure the College's timely preparation and submission of federal and State reports. due in early June.
May 20	Thursday	Spring 2021 Semester Ends
May 21	Friday	MMC Commencement
May 21	Friday	Residence Hall Close at Noon
May 22	Saturday	Graduating Senior Resident Student Move-Out by Noon
May 23	Sunday	Summer I 2021 Resident Student Move-In
May 24	Monday	Summer I 2021 Semester Begins
May 24 - 26	Monday - Wednesday	Summer I 2021 Program Change (Add/Drop)
May 25	Tuesday	Faculty Development Day
May 26	Wednesday	Last Day to Submit Internship & Independent Study Contracts for Summer I 2021
		Last Day to Register for Pass/Fail for Summer I 2021
		Last Day to Apply for an Audit
		Last Day to Add a Class
		Last Day to Drop a Course w/o a Grade
May 27	Thursday	Summer I 2021 "W" Period Begins
May 31	Monday	Memorial Day - College Closed

Tips for Zoom and Remote Learning

Due to the COVID-19 pandemic, Marymount Manhattan College has adopted a Virtual Classes/Open Campus model for Fall 2020. This means that all lecture courses are remote, and you have the option to take your science labs in-person or remotely. The campus itself is open for in-person use (subject to, and in accordance with, the guidance and directive of government and public health officials).

Marymount Manhattan College's enhanced Virtual Campus utilizes Zoom, a video conferencing application, and the course management website Blackboard to provide a dynamic, engaging, and personalized remote learning experience.

Here are some tips for success in remote learning:

1. Make sure to set up your MMC Zoom account at marymount.zoom.us
2. Set up your webcam in a well-lit room, you can use a Virtual Background to maintain privacy
3. Mute your microphone whenever you are not speaking to reduce background noise
4. Always monitor Blackboard and your mmm email for any changes or new course content and announcements
5. Make sure you give yourself ample, **distraction-free time** to review recorded lectures or take timed exams
6. **Contact your professor** if you have any questions or technical issues
7. Visit MMC's virtual learning resource website for tips and tutorials as well as technology resources (mmm.edu/offices/academic-affairs/virtual-learning/)

Tips for Academic Success

1. Attend every class. Prepare by **reading materials before each class!**
2. If you **are ill, contact the instructor** to let them know by email. Find out the work you've missed from a classmate.
3. Use a day planner. **Learning to manage time is one of the most important skills a college student needs to master.**
4. Read before each class; for every 1 hour in class, you should devote **three hours** outside class to studying, reading, and doing problems.
5. Know what campus resources are available and ***use them***.
6. **Get involved and have fun.** You can also learn a lot by getting involved in student organizations, volunteering and meeting people from a variety of different backgrounds.
7. Get to know your professors. They post office hours — take the opportunity to meet them and **use their office hours!**
8. **Balance** your class schedule.
9. **Balance** social life and schoolwork. If you are working a job more than 20 hours per week, take the minimum credit to be full time.
10. **Get enough sleep, exercise and eat well.**
11. A **positive attitude** is the key to get you where you want to be!
12. **Study groups** are often a good way to study and test your knowledge of the material and the bio lab is available for study groups when no classes are scheduled.