



MOUNT
MERCY 
UNIVERSITY



PROJECT
CONNECT

SUMMER PROGRAM

WELCOME TO MMU!

Project Connect gives you a head start on your college experience! Through mentoring, group and team activities, and workshops and presentations, you and your fellow Project Connect classmates will gain the knowledge, skills, and resources needed to achieve success in college.

YOUR JOURNEY BEGINS NOW!

QUESTIONS?

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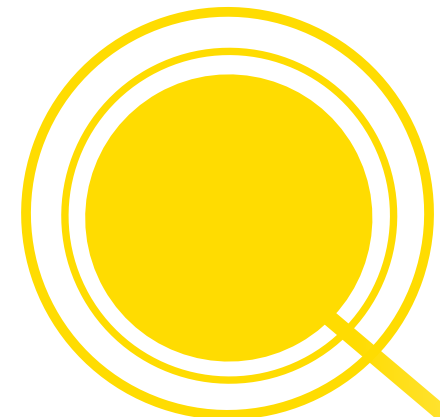
Office: 319-363-1323 x1396



SCHEDULE

DAY 1 | MOVE-IN DAY

- | | |
|------------------|---|
| 8:00 AM- 1:00 PM | Move-In Check-in with Res Life staff outside of Hennessey Recreation Center |
| 2:00-3:00 PM | Breakout Groups Rohde Family Plaza |
| 3:00-4:00 PM | Campus Tour Rohde Family Plaza |
| 4:00-5:00 PM | Meeting with director of Project Connect Donnelly 301 |
| 5:00-6:00 PM | Dinner McAuley Dining Center |
| 7:00-8:00 PM | Breakout Groups Rohde Family Plaza |
| 8:30-9:30 PM | S'mores with Project Connect Rohde Family Plaza Fire Pit
Celebrate the end of your first day in Project Connect with the classic summertime snack. |



WEEK 1

DAY 2

- 10:30–11:30 AM** **Brunch** | McAuley Dining Center
- 11:30 AM–12:30 PM** **MMU Technology** | Basile Computer Lab 304
Make your technology work for you! The mentors will walk you through the various computer programs and applications that you'll use as a student at Mount Mercy.
- 3:00–4:00 PM** **Meeting with Residence Life Staff** | Donnelly 301
On-campus living is an exciting new experience! Hear from Residence Life staff about community living, communicating effectively with your roommate, and residence life policies.
- 4:00–5:00 PM** **Setting & Achieving Your Goals** | Donnelly 301
Now is the time to look at your future goals and the best ways to achieve them with the support of the MMU community!
- 5:00–6:00 PM** **Dinner** | McAuley Dining Center
- 6:00–7:30 PM** **Class Prep** | Donnelly 301
Your first class begins tomorrow! Join your new classmates and make sure that you've reviewed the syllabus, completed the assigned reading, and are prepared for first day success. The mentors will be available to help ensure that you're ready.

DAY 3 | FIRST DAY OF CLASS

- 8:00–9:00 AM** **Breakfast** | McAuley Dining Center
- 9:00 AM–12:20 PM** **Class** | Donnelly 301
- 12:30–1:15 PM** **Lunch** | McAuley Dining Center
- 2:00–2:30 PM** **Meeting with Vice President for Student Success** | Donnelly 301
- 2:30–3:30 PM** **Campus Scavenger Hunt** | Rohde Family Plaza
Work as a team to see who can find all the clues in the shortest amount of time!
- 5:00–6:00 PM** **Dinner & Discussion with Dining Services** | McAuley Dining Center
At dinner tonight, you'll learn more about the meal plan and how to ensure that you're getting the most value (and nutrition) for your money.
- 6:30–7:30 PM** **Sand Volleyball & Basketball** | Outside Lower Campus Apartments

DAY 4

- 8:00–9:00 AM** **Breakfast** | McAuley Dining Center
- 9:00 AM–12:20 PM** **Class** | Donnelly 301
- 12:30–1:15 PM** **Lunch** | McAuley Dining Center
- 2:00–2:30 PM** **Meeting with Director of ACE** | Academic Center for Excellence
- 2:30–3:30 PM** **Dissecting Your Textbooks** | Academic Center for Excellence
Dreading all those reading assignments? We'll discuss the best ways to consume the large amount of text in your readings, how to best cover the text, and techniques for reviewing the text with the SQ4R method.
- 5:00–6:00 PM** **Dinner** | McAuley Dining Center
- 6:30–8:00 PM** **Cookies and Canvas** | McAuley Dining Center
Learn about the endless opportunities for campus involvement while creating a work of art that you can truly "value." No artistic talent required. Cookies will be provided to top off the night!

WEEK 1

DAY 5

- 8:00-9:00 AM** Breakfast | McAuley Dining Center
- 9:00 AM-12:20 PM** Class | Donnelly 301
- 12:30-1:15 PM** Lunch | McAuley Dining Center
- 2:30-3:30 PM** **Preparing for Tests: Studying Skills & Overcoming Fears** | Flaherty Community Room, Basile Hall 204
Testing is a big part of college, and it can often be overwhelming. We'll talk about ways to prepare for tests and how to overcome fears of testing.
- 5:00-6:00 PM** Dinner | McAuley Dining Center
- 6:30-7:30 PM** **Staying Fit on Campus** | Lundy Fitness Center
Learn about the many opportunities on campus for fun physical fitness and come dressed for kickboxing!

DAY 6

- 8:00-9:00 AM** Breakfast | McAuley Dining Center
- 9:00-10:00 AM** Group Check-In | Donnelly 301
- 10:00 AM-12:00 PM** **Using the Library** | Busse Library
Every successful college student knows that the library is crucial for academic learning and success. Hear from library staff about how to utilize the library for research and all the other services the library has to offer.
- 12:30-1:15 PM** Lunch | McAuley Dining Center
- 2:30-3:30 PM** **Note-Taking for Success** | Flaherty Community Room, Basile Hall 204
Notes, notes, and more notes! Learn note-taking techniques so you can capture everything you need to know during class.
- 5:00-6:00 PM** Dinner | McAuley Dining Center
- 6:30-7:00 PM** **Nailing Your Presentation** | Donnelly 301
We'll talk about the value of delivering a strong presentation, how to overcome fears of public speaking, and tips for speaking in front of people.
- 7:00-8:30 PM** **A Night of Review** | Donnelly 301
Your first test is right around the corner! Join us as a group to review materials, practice study skills, and take a snack break with your mentors.



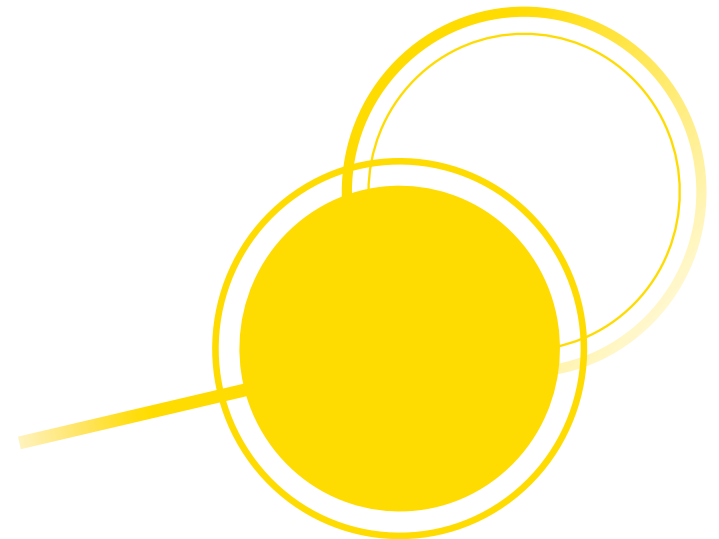
WEEK 1

DAY 7

- 8:00-9:00 AM** Breakfast | McAuley Dining Center
- 9:00 AM-12:20 PM** Class | Warde 109
- 12:30-1:15 PM** Lunch | McAuley Dining Center
- 2:30-3:30 PM** **Time Management & Organizing for Success |**
Flaherty Community Room, Basile Hall 204
We all need help managing our busy lives. We'll discuss best practices for managing your schedule and staying organized for a successful college experience.
- 5:00-6:00 PM** Dinner | McAuley Dining Center
- 6:15-10:00 PM** Movie Night | Marcus Theatres

DAY 8

- 10:30-11:00 AM** Brunch | McAuley Dining Center
- 11:00 AM-1:30 PM** **Downtown Cedar Rapids Challenge & Farmers' Market |** Downtown Cedar Rapids
Cedar Rapids is home to one of the largest open-air markets in the Midwest! After shopping, we'll go on a scavenger hunt to see who can find the most interesting places Cedar Rapids has to offer.
- 5:00-6:00 PM** Dinner | McAuley Dining Center
- 6:00-10:30 PM** **Cedar Rapids Kernels Game |** Veterans Memorial Stadium
We'll enjoy a fun night watching our local baseball team, the Cedar Rapids Kernels.



WEEK 2

DAY 9

- 10:30–11:30 AM** **Brunch** | McAuley Dining Center
- 11:30 AM–4:00 PM** **Leadership Retreat** | Flaherty Community Room, Basile Hall 204
Utilizing the Social Change Model of Leadership, this Leadership Retreat will be an opportunity to think about how you can develop the leadership skills necessary to work with others and create lasting social change in the community around you.
- 5:00–6:00 PM** **Dinner** | McAuley Dining Center
- 6:30–7:30 PM** **Large Group Meeting** | Flaherty Community Room, Basile Hall 204
Tonight we will discuss how our past life experiences may shape the person we are today and also the person we will become in the future.

DAY 10

- 8:00-9:00 AM** **Breakfast** | McAuley Dining Center
- 9:00 AM–12:20 PM** **Class** | Donnelly 301
- 12:30–1:15 PM** **Lunch** | McAuley Dining Center
- 2:30–3:30 PM** **Self-Care & Finding Balance** | Flaherty Community Room, Basile Hall 204
Self-care is critical to a successful life. Join us as we discuss ways to build self-care into your new college routine.
- 5:00–6:00 PM** **Dinner** | McAuley Dining Center
- 6:30–7:30 PM** **Mentor’s Choice Event** | Rohde Family Plaza

DAY 11

- 8:00-9:00 AM** **Breakfast** | McAuley Dining Center
- 9:00 AM–12:20 PM** **Class** | Donnelly 301
- 12:30–1:15 PM** **Lunch** | McAuley Dining Center
- 2:30–4:00 PM** **Writing for Success** | Flaherty Community Room, Basile Hall 204
It’s time to write! Learn best practices on writing for success and how to tackle that big paper.
- 5:00–6:00 PM** **Dinner** | McAuley Dining Center
- 6:30-7:30 PM** **Family Feud** | Flaherty Community Room, Basile Hall 204
Join your Project Connect family for a fun night of Family Feud!

DAY 12

- 8:00-9:00 AM** **Breakfast** | McAuley Dining Center
- 9:00 AM–12:20 PM** **Class** | Donnelly 301
- 12:30–1:15 PM** **Lunch** | McAuley Dining Center
- 2:30–3:30 PM** **Advocating for Yourself** | Donnelly 301
Self-advocacy is critical to your success at Mount Mercy. Learn how to be an advocate and get the support and resources you need!
- 5:00–6:00 PM** **Dinner** | McAuley Dining Center
- 6:30–7:30 PM** **Take What You Need, Give What You Can** | Flaherty Community Room, Basile Hall 204
Sometimes we need to take a step back and recharge. Join us for a quick session with practical tips on how to keep yourself motivated and to help others stay motivated as well.

WEEK 2

DAY 13

- 8:00-9:00 AM** Breakfast | McAuley Dining Center
- 10:30- 11:30 AM** Yoga | Flaherty Community Room, Basile Hall 204
College can be stressful. Yoga is a perfect way to calm your mind, body, and spirit.
- 11:30 AM- 12:30 PM** **What is DEI?: A Discussion on Understanding Terms** | Donnelly 301
Let's talk about the difference between diversity, equity, and inclusivity. In this discussion, we'll share how they are all necessary to make MMU an equitable learning environment for all students. We will then lead into a discussion on ensuring that you have the support you need to thrive at MMU.
- 12:30- 1:15 PM** Lunch | McAuley Dining Center
- 2:30-4:00 PM** **Revising Your Rough Draft** | Flaherty Community Room, Basile Hall 204
You're one week away from finishing your final paper! Our writing center staff will take you through a writing session, where you'll learn great tips for having your paper polished and ready to go. Bring drafts and ideas!
- 5:00-6:00 PM** Dinner | McAuley Dining Center
- 7:00-8:30 PM** **A Night of Review** | Flaherty Community Room, Basile Hall 204
Your second test is coming up soon! Join us as a group to review materials, practice study skills, and take a snack break with your mentors.



DAY 14

- 8:00-9:00 AM** Breakfast | McAuley Dining Center
- 9:00 AM- 12:20 PM** Class | Warde 109
- 12:30- 1:15 PM** Lunch | McAuley Dining Center
- 2:30-3:30 PM** **Money Matters** | Flaherty Community Room, Basile Hall 204
The financial aspect of college can be confusing and stressful. For this session, we'll help you better understand your financial aid and your student account. You'll also get a few great money-saving tips from the mentors.
- 5:00-6:00 PM** Dinner | McAuley Dining Center
- 6:30-8:00 PM** **NewBo Market Visit** | Czech Village/New Bohemia Main Street District
Join us at NewBo Market as we visit the locally-owned shops and delicious food vendors, while listening to live music on the outdoor stage.

DAY 15

- 8:30 AM-2:00 PM** **Community Service Project** | TBD
As you will learn during your time on the Hill, Mount Mercy truly values service to the community. Today, we will partner with local organizations to help improve the community of which you're now a member.
- 2:00-4:00 PM** Swimming | Noelridge Aquatic Center
- 5:00-6:00 PM** Dinner | McAuley Dining Center
- 6:00-8:30 PM** **Bowling Night** | May City Bowl

WEEK 3

DAY 16

- 10:30–11:30 AM** **Brunch** | McAuley Dining Center
- 3:30 PM–5:00 PM** **Your Mercy Identity** | Chapel of Mercy
As a Catholic university, faith is an important part of the identity of Mount Mercy. Staff from the Campus Ministry department will lead us in a discussion about the diversity of faith that can be found on campus and how you can grow your own faith identity during your time at MMU. The Mission and Ministry team will also conduct an ecumenical prayer service—all faith identities are invited to participate.
- 5:00–6:00 PM** **Dinner** | McAuley Dining Center

DAY 17

- 8:00-9:00 AM** **Breakfast** | McAuley Dining Center
- 9:00 AM–12:20 PM** **Class** | Donnelly 301
- 12:30–1:15 PM** **Lunch** | McAuley Dining Center
- 2:30–3:30 PM** **Writing Center Open Hours** | ACE
Stop by the Writing Center to have peer tutors do a final review of your paper.
- 5:00–6:00 PM** **Dinner** | McAuley Dining Center
- 6:30–7:30 PM** **Gourmet S'mores with Public Safety** | Rohde Family Plaza Fire Pit
Take your s'more game up a notch! Enjoy gourmet s'mores with our MMU public safety officers and learn more about their role on campus.

DAY 18

- 8:00-9:00 AM** **Breakfast** | McAuley Dining Center
- 9:00 AM–12:20 PM** **Class** | Donnelly 301
- 12:30–1:15 PM** **Lunch** | McAuley Dining Center
- 2:30–3:30 PM** **Creating your Career Competencies** | Flaherty Community Room, Basile Hall 204
Now that you've learned about all of the great opportunities available to you on campus, our Director of Career Services will help us connect those opportunities to various skills that future employers will be looking for.
- 5:00–6:00 PM** **Dinner** | McAuley Dining Center
- 6:30–7:30 PM** **Game Night** | University Center Commons
There's never a dull moment! Join us in the UC for games of all kinds—cards, board games, video games, ping pong, and pool.

DAY 19

- 8:00-9:00 AM** **Breakfast** | McAuley Dining Center
- 9:00 AM–12:20 PM** **Class** | Donnelly 301
- 12:30–1:15 PM** **Lunch** | McAuley Dining Center
- 2:30- 3:30 PM** **Alumni Roundtable** | Flaherty Community Room, Basile Hall 204
Talk with some of our recent graduates about how their experiences at Mount Mercy helped prepare them for the next chapters in their lives.
- 5:00–6:30 PM** **Connect with RAs** | Flaherty Community Room, Basile Hall 204
Resident assistants (RAs) play a crucial role in creating community on campus. Meet your RAs and learn how they'll support you on campus throughout the year!

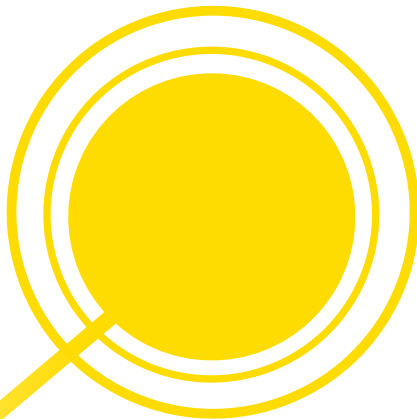
WEEK 3

DAY 20

- 8:00-9:00 AM** **Breakfast** | McAuley Dining Center
- 10:00 AM- 12:30 PM** **Bags Tournament** | Rohde Family Plaza
Join us for a competition to see who has the best bags game in Project Connect!
- 12:30- 1:15 PM** **Lunch** | McAuley Dining Center
- 1:30-2:30 PM** **Cultural Competency: A Discussion of Cross-Cultural Connections** | Donnelly 301
The new international students will join us for this conversation about the benefits of cultural competency.
- 2:30-3:30 PM** **Summer Wrap-Up** | Donnelly 301
- 5:00-6:00 PM** **Dinner** | McAuley Dining Center
- 7:00-8:30 PM** **A Night of Review** | Donnelly 301
Your final test is tomorrow! Join us as a group to review materials, practice study skills, and take a snack break with your mentors.

DAY 21

- 8:00-9:00 AM** **Breakfast** | McAuley Dining Center
- 9:00 AM- 12:20 PM** **Final Exam** | Warde 109
Congratulations! You did it! Today is the last day of your first class at Mount Mercy!
- 11:30 AM-12:30 PM** **Cultural Humility: A Discussion on Being an Ally** | Donnelly 301
We'll talk about the benefits of cultural humility and discuss the importance of being strong allies, working to end oppression, and creating a more equal and inclusive environment. You'll gain practical tips for allies and information about supporting and celebrating our diversity.
- 12:30- 1:00 PM** **Lunch** | McAuley Dining Center
- 1:00-2:30 PM** **Group Photo & Headshots** | Rohde Family Plaza
- 5:00-6:00 PM** **Family Celebration** | Stello Performance Hall
Congratulations! You've learned so much in just three weeks! Let's celebrate with those who helped make this summer a success.
- 6:30-8:00 PM** **Project Connect Talent Show** | Stello Performance Hall
Calling all singers, dancers, spoken word artists, musicians, jugglers, comedians, and the like. Share your unique talents with your family and friends at the Project Connect Talent Show!





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