This year’s BC common read *Your Turn: How to Be an Adult* is a modern guide to adulting and self-discovery, offering stories and insights on relationships, mental health, and finances. It provides tools to empower and excite you about navigating adulthood and living a meaningful life.

**Ch. 1-2: Adulting - The Terrors and Joys of Fending for Yourself**  
Facilitator: Mirella Baker-Bemmel  
Monday | Feb. 5th  
3:00-4:00pm | Bldg. 9/227

**Ch. 6: Get Unstuck**  
Facilitator: Ingrid Jones  
Thursday | Feb. 15th  
3:30-4:45pm | Bldg. 9/227

**Networking & Internships**  
Facilitator: Brittany Valera  
Tuesday | March 12th  
2:00-3:00pm | Bldg. 9/227

**Ch. 10: Activism & Women’s/Voting Rights**  
Facilitators: Maria Paul & Victoria Brower  
Tuesday | March 26th  
11:00-12:15pm | Bldg. 3/117

**Financial Literacy**  
Facilitator: Omar Deshazior  
Tuesday | April 2nd  
3:00-4:00pm | Bldg. 9/227

**Ch. 9-10: Mental Health Awareness**  
Facilitator: Naylet Leon  
Monday | April 8th  
12:30-1:30pm | South Campus Bldg. 66

**Ch. 9: Mindfulness & Relaxation Techniques**  
Facilitator: Maureen Forbes  
Tuesday | April 23rd  
2:30-3:30pm | Bldg. 9/227

Students and faculty are welcome to attend! You can attend in-person or on Zoom. You'll receive a free copy of the book if you attend in person. Snacks will also be provided.