

From: [MC Communications](#)
To: [All Employees Dynamic Grp](#); [All Registered Students](#)
Subject: The Monday Minute with Dr. Williams | October 13, 2025
Date: Monday, October 13, 2025 9:02:35 AM
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October 13, 2025

October's momentum continues with inspiring opportunities that highlight the creativity, talent, and care that define our College community. From academic support to global achievements and wellness resources, this week demonstrates how Montgomery College empowers achievement, excellence, and well-being. I encourage you to take part, celebrate these milestones, and share in the pride of all we accomplish together.

ACCESS ACADEMIC SUPPORT THROUGH MIDTERMS AND BEYOND

As midterms arrive, remember that plenty of academic support resources are always within reach. The [Learning Centers](#) offer discipline-specific tutoring, multilingual assistance, and virtual support to help you stay on track. In addition, [workshops](#) hosted by the Writing, Reading, and Language Centers, Academic Success Center, Learning Support Services, and the libraries continue throughout the semester. Take advantage of these opportunities to strengthen your skills and keep your goals in focus.

STUDENTS SHOWCASE TALENT IN GLOBAL BROADCAST

This Thursday, October 16, Montgomery College Media Production students will join peers from 16 colleges and universities worldwide in ON AIR, a 24-hour global student broadcast that begins in Sydney and concludes in Los Angeles. Our students will take the [livestream](#) stage from 4:30 to 5:30 p.m., featuring campus life, student stories, alumni voices, and award-winning projects. Featured in [Broadcast Beat](#), Montgomery College is the only U.S. community college participating in this international event. This work reflects the creativity, collaboration, and excellence that define our students and faculty—and showcases the extraordinary talent that makes Montgomery College shine on a global stage.

WELLNESS VIDEOS AVAILABLE ON YOUTUBE

MC Wellness and Marketing and Communications teamed up to produce a [new series](#) of wellness videos for students, faculty, staff, and community members. The series is now available on the College's YouTube channel. Choose from a variety of routines for all levels, including yoga and chair yoga, Pilates, Tai Ji, dance, toning, movement breaks, mini stretches, and more. Led by talented MC Wellness instructors, each video is designed to be easy to follow and fit your schedule, whether you have five minutes or time for a full workout. Thanks to these talented teams for showcasing physical activity and wellness for life success.

With Raptor Regards,

A handwritten signature in black ink that reads "Jermaine". The signature is fluid and cursive, with a large initial "J" and a trailing flourish.

Dr. Jermaine F. Williams
President

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