



LAWRENCEVILLE | ALPHARETTA-NORTH FULTON

Student Life News & Events

January / 19 / 2018



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Learn Self-Defense!



JANUARY 24

Searching for a high intensity and fun environment? Learn how to defend yourself against an assailant at our SGA meeting!

[Details Below.](#)

Paint & Pop!



JANUARY 30

Discover your inner artist! Join us for a painting party and let your creative side loose! Space is limited!

[Sign Up Here!](#)

T / JAN 23 - Student Workshop!

The Retention Support and Special Populations offices will hold a workshop on Study Skills and Time Management. The workshop will be held in building 100, room 106 from 12 - 1 p.m. and again from 6 - 7 p.m. on the Lawrenceville campus. Students will have the opportunity to explore strategies and tools for improving their studying methods and managing responsibilities effectively. A meal will be provided along with chances to win door prizes. Students must RSVP by Friday, January 19 to [Lisa Richardson](#) or [RSVP online.](#)

W / JAN 24 - Student Government Association Meeting

SGA will hold its first meeting of the semester in the Student Life Center from 12 -1 p.m. on the Lawrenceville campus. There will be a self-defense demonstration on the art of Krav Maga. Self-defense is a countermeasure that involves defending the health and well-being of oneself from harm. Pizza will be provided! If you have any questions, please contact [Chantelle Bailey](#)

W / JAN 24 - Self-Defense Lesson!

Everyone is welcome to come out and learn about the most effective self-defense system in the world! Learn how to defend yourself against an assailant with the self-defense moves demonstrated by a Krav Maga instructor. This event is a mixture of high energy, self-defense, and a great workout! The self-defense demonstration will begin at 12:15 p.m. in the Student Life Center. For more information, please contact [Morgan Taylor-Burns](#)

TH / JAN 25 - SkillsUSA Meeting & Uniform Fitting

The SkillsUSA meeting for uniform fitting and finalization of competitors will take place from Noon - 1 p.m. This meeting is for all state competitors and advisors and registration forms are due at this time. The meeting will take place in building 100, room 815 on the Lawrenceville campus. For more information, please contact [Joanna Key](#).

T / JAN 30 - Paint and Pop!

Come out and let your creative side loose! We have everything you need to have a fantastic experience painting a masterpiece. Skilled instructors will guide you throughout the art class to a finished work of art! We will serve complimentary soda pop and popcorn. Space is limited! The event will take place from 12 - 1 p.m. in the Student Life Center on the Lawrenceville campus. [Sign Up Here!](#) For more information, please contact [Morgan Taylor-Burns](#). Discover your inner artist!

TH / FEB 15 - Information Security Association Meeting

GTC-ISA is the student community of choice for GTC cyber security students dedicated to advancing individual growth and deepening their knowledge and awareness of issues related to managing technology risk and protecting critical information and infrastructure. The next meeting will take place in building 900, room 1105 at 4 p.m. For more information contact [Garfield Anderson](#).

Future Dates

January 30 - SkillsUSA Quiz Bowl Practice



7 Foods That Heal Your Entire Body

The health of a person is determined by many factors, and diet is the only key determinant of health that is under your control. Most health problems are in some way influenced by food. Food can act as a healing agent, nourishing when eaten in moderation. However, it can also be harmful when eating certain foods in excess. *1mhealthips.com* gives us an insight into the healing powers of some commonly eaten food products:

1. Apple Cider Vinegar
2. Ginger
3. Banana
4. Raw Honey
5. Raisins
6. Potatoes
7. Kiwifruit

[To read the full article click here.](#)

If there is a topic you would like to know about or a tip that you'd like to share with us, please email [Morgan Taylor-Burns](#) with your suggestions!

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ANNOUNCEMENTS!



Alternative Spring Break

The Atlanta Community Food Bank will host its 2nd annual Alternative Spring Break. The Alternative Spring Break on Hunger and Poverty will be Monday, March 12 - Wednesday, March 14 from 9 a.m. - 4 p.m. Participants plan hunger action steps, to collaborate with people from surrounding colleges/universities and to actively advocate for your community. This free experience is open to Metro Atlanta area students interested in grounding themselves in their community, learning advocacy strategies, exploring community access issues, and contributing to our mission by volunteering with our partners. Students will receive a letter of service hours performed for their records. Students who are interested in working with the Atlanta Community Food Bank can [apply here](#). Registration is open until February 10th.

New Student Counselor on Campus!

Counseling at GTC is a mental health resource which provides free, personal and confidential counseling in a safe and supportive environment. The purpose of this resource is to help you acquire the skills, attitudes, abilities and insights that will enable you to address the all-too-prevalent stress and conflicts that may distract you from achieving your full potential. Student counseling services are available to all currently enrolled GTC students 18 or older in certificate, diploma or degree programs on first-come first-serve basis. For appointment, contact licensed student counselor [Melissa Massey](#) or call 678-226-6874.



National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. We are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness. For more information, visit our [website](#).

Georgia Crisis and Access Line

GCAL is the 24/7 hotline for accessing mental health services in Georgia. The Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) provides treatment and support services to people with mental illness and addictive diseases. If you or a loved one needs help dealing with a behavioral health crisis, the GCAL offers free and confidential crisis intervention 24/7. For more information, go to the [Georgia DBHDD website](#).



Crisis Text Line

Text HOME to 741741 from anywhere in the USA, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds quickly. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. Children and Teens are especially welcome. The service is free, confidential, and available 24/7. Please note that we are not a replacement for counseling or long-term medical treatment. Our goal is to help you move from an emotional overwhelming place to a sense of calm, at which point you

CRISIS TEXT LINE |

feel ready to continue on your own. [Learn more about how it works.](#)

Ready to Apply for Graduation?

If you are completing your program either Fall or Spring semester, please submit a graduation application now! Even if you are completing a certificate embedded in your larger program, you may graduate from that certificate, so that you can list that accomplishment on your resume! Directions on how to apply for graduation are online. [Click here for directions.](#) For more information contact [Susan Myers](#) for more information.



Free OB Ultrasounds

Free OB ultrasounds are offered to GTC students. The Diagnostic Medical Sonography Program is seeking volunteers for OB ultrasounds preferably 18-32 weeks. Volunteers need to be prepared to stay for one hour and are scanned by GTC DMS students under direct credentialed faculty supervision. Volunteers receive FREE keepsake 3D images as well as the opportunity to see their baby in 4D. For more information or to schedule an appointment, please email [OB Sonography](#) or call 470-448-1211.

Assured Hospice Care Seeks Volunteers

Assured Hospice Care offers volunteers the opportunity to care for others and meet real companionship needs at a critical time in the lives of others. This happens in the homes of our patients or at assisted living facilities. Volunteers have the unique opportunity of giving the gift of time. The assistance and support this provides for a person in need is immeasurable. Volunteers will visit with patients and their family to provide companionship, visit with a patient to provide the caregiver/family member a chance to go to the grocery store or run errands, and assist with administrative and clerical task. We provide the training and visits are scheduled around your daily schedule and routines. You may volunteer a day a week, a few hours a week, or few hours a month. For more information call 770-387-9578 or contact [Chelsea Lawrence](#)

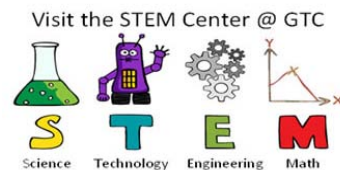


Georgia Cares

Georgia Cares is the single, statewide coordinating non-profit agency connecting services and treatment care for child victims of sexual exploitation and trafficking. Georgia Cares serves any and all youth who have been victimized in the state of Georgia. Our mission is to ensure that child sex trafficking victims receive quality care and services in the state of Georgia. For more information [visit our website.](#)

Gwinnett Tech STEM Center

The STEM Center is a peer tutoring center in building 900, room 1.109 for students taking Life Sciences classes or anyone trying to get in a healthcare program. The STEM center is open Monday - Thursday from 9 a.m. - 6 p.m. and Friday from 9 a.m. - 4 p.m. Be sure to join us every Thursday evening at 6 p.m. and every Friday morning at 10 a.m. for an A&P I Q&A. Need help with Chemistry? Ms. Francois is available to help Tuesdays from 9:30 a.m. to 11:30 a.m. and Wednesdays 10:30 a.m. to 11:30 a.m. For more information please [Casey Best](#)



Quality Childcare Available on Campus

Do you have young children? Do you know of someone who is looking for a high quality child care center for their child? The Hudgens Early Education Center is the best place for all children! Please come in for a visit today (building 800)! Or call for more information 678-226-6510. Enrolling children 6 weeks to 5 years. Open daily from 7:00 a.m. to 6:15 p.m. Enrollment is open to the community! Childcare tuition assistance is available for full time GTC students and we accepts CAPS.

Run, Hide, Fight

As a part of Gwinnett Tech's preparedness objective, we want to provide everyone with a safe and healthy learning environment. With the increase of incidents on college campuses, schools and public places, it is increasingly important to have a plan for how to respond in an active shooter situation. Students and employees can help prevent and prepare for potential active shooter situations by viewing the "Run, Hide, Fight - Surviving an Active Shooter Event" video. The video will assist you in planning for your personal safety. [watch video](#).



Collecting Aluminum Can Tabs

The Association of Future Radiologic Technologist and Future Cardiovascular Technologist Club are collecting can tabs. One gallon of tabs equals a one night stay in the Ronald McDonald House for a family. Together, we've already collected eight gallons, but we can do more! Help us by bringing your aluminum can tabs to building 100 near Chick-Fil-A, building 100 near the bookstore in the cafeteria area, building 900 lobby, building 200 - room 121, 245, 133 or the student lounge and the Alpharetta-North Fulton campus student lounge. Thank you for your support!

You Shop. Amazon Gives Back to GTC!

[Shop Amazon Smile](#) is giving back and all you have to do is go to the website and choose "Gwinnett Tech Foundation". The GTC Foundation will receive .05% of every dollar you spend that qualifies and in turn, we will apply these dollars back into Gwinnett Tech students! This is a win-win!!! If you have further questions, please contact [Darcie Johnson](#).



Did you know? GTC Has a No Interest Tuition Payment Plan!

Gwinnett Tech partners with [Nelnet Business Solutions](#) to let you pay tuition and fees over time, making college more affordable. Payment Plan Benefits include easy online enrollment, flexible payment options and no interest. [Learn more](#) about the tuition payment plan and enroll today!

Creating Safer, Healthier
Campus Communities

Haven

UNDERSTANDING
SEXUAL ASSAULT

Learn more



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GTC STUDENT PERKS!

MUST SHOW CURRENT STUDENT/FACULTY ID TO RECEIVE DISCOUNTS.

[Click here for details](#)



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CONTACT STUDENT LIFE

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