



LAWRENCEVILLE | ALPHARETTA-NORTH FULTON

# Student Life News & Events

October / 6 / 2017



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## FREE Hip Hop Class



TUESDAY, OCT. 10

Come out and dance to the beat, feel fit, and learn some Hip Hop moves!

[Register Here!](#)

Details Below.

## Get Involved!



WEDNESDAY, OCT. 18

Learn about ways to get involved on campus and upcoming volunteer opportunities during the SGA meeting!

Details Below.

## M-T / OCT 9-10 - IBM Security Providing IBM Scholarships for ALL Women

We are very excited to share that IBM Security is providing scholarships for ALL Women to attend a cyber security conference October 9 & 10 at no charge! Hacker Halted will take place in Atlanta, GA and is hosted by EC-Council creators of the Certified Ethical Hacker certification. IBM has sponsored the Hacker Halted conference for the past 3 years. This year, for the first time, IBM will fund a scholarship that allows all women who are interested in attending the show to do so without cost. Women who wish to register for Hacker Halted under the IBM scholarship should [visit here!](#) For more information contact [Garfield Anderson](#).

## M-T / OCT 9-10 - Cyber Security Hacker's Halted Conference

Hacker Halted is a global series of computer and information security conferences presented by EC-Council. The objective of the hacker halted conferences is to raise international awareness towards increased education and ethics in IT Security. Men who wish to register for hacker halted should visit [this website](#) and use registration code HH17JJ for free entry. Women who wish to register for Hacker

Halted under the IBM scholarship should visit [this website](#) and use registration code HH17IBM for free entry. The event will take place at 210 Peachtree St. NW, Atlanta, GA 30303. For more information contact [Garfield Anderson](#).

### T / OCT 10 - Hip-Hop Class

Come out and bust a move! Feel the beat of this high energy Hip-Hop Class! Learn a full hip-hop routine in the Student Life Center from 12 - 1 p.m. on the Lawrenceville campus. Join the fun! [Sign up here!](#) For more information contact [Chantelle Bailey](#).

### TH / OCT 12 - Student Success Workshop

Are you feeling like you are juggling too many competing needs and responsibilities every day? Do you find time for everyone else, but not yourself? Prioritizing and balancing responsibilities is a major source of stress for college students. Join us for our workshop on tips and strategies to regain control of your focus and re-invest in your emotional and physical energy. The event will take place from 12 - 1 p.m. and 6 - 7 p.m. on the Lawrenceville campus in building 100, room 106. Food and door prizes will be provided. [RSVP your seat online!](#) Or, you can RSVP to [Lisa Richardson](#); send your contact information and state which time you would like to attend. .

### F / OCT 13 - SkillsUSA Club

SkillsUSA Club will meet in the Student Center at 11:00 a.m. For more information contact [Penny Waddell](#).

### TH / OCT 18 - SGA Meeting & Officer Elections

Everyone is welcome to join us in the Student Life Center located in building 100 from 12 - 1 p.m. We will be discussing upcoming events and volunteer opportunities. Pizza and sodas will be provided. Feel free to contact [Morgan Taylor-Burns](#) with any questions.

### TH / OCT 18 - AITP Meeting

AITP will host a meeting in building 700, room 2201 from 5:00 - 5:45 p.m. We will have speaker, Robert Siple, a FedRAMP Cloud Authorization Engineer for AEROTK Inc. at Cosco speak to our members. For more information, contact [Albena Asenova-Belal](#).

### TH / OCT 19 - GTC Spirit Wear Day

We've got spirit yes we do! We've got spirit...how about you? Show your GTC Pride by wearing your Gwinnett Tech apparel. Prizes will be given out randomly throughout the day to those sporting GTC apparel! Swing by the GTC Bookstore for 20% off of a single item. Contact [Morgan Taylor-Burns](#) for more information.

### TH / OCT 19 - GTC-ISA 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 meeting will take place in building 700, room 2206 at 4:30 p.m. For more information contact [Garfield Anderson](#).

### TH / OCT 19 - GTC Students' Toastmasters International Club

The GTC Students' Toastmasters International Club will meet in the Student Center, building 100 at 6:00 p.m. For more information contact [Thaddeus Nifong](#).

### F / OCT 20 - Great Day Of Service

Join us for the Gwinnett Great Days of Service! This is one of the largest community volunteer events in the nation. Join community volunteers as we come together to work side-by-side addressing specific needs and issues in the community. Work on the Positively Me Campaign in the Student Life Center from 9 a.m. - 1 p.m. The project will involve writing short uplifting handwritten notes on cards that will be distributed on a future date for Random Acts of Kindness Day. It will be a fun day with music, pizza and kindness! [Sign Up Here!](#) For more information contact [Rachel Mariano](#).

## Future Dates

October 17 - Hip-Hop Class



## HEALTHY TIP

### 7 Things You Need To Know About Proper Stretching

When done properly, stretching can do more than just increase flexibility. Stretching can provide numerous health benefits such as increased mental and physical relaxation, reduced muscular tension and soreness, and reduced risk of injury to joints, muscles, and tendons. Unfortunately, even those who stretch do not always stretch properly and hence do not reap some or all of the benefits.

*WebMD.com* discusses the common mistakes made when stretching and provides 7 tips on proper stretching techniques:

1. Always warm up first
2. Do dynamic stretches, not static stretches
3. Never stretch to the point of pain
4. Stretch to de-stress

[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!

### Ride for Recovery

Come ride for the 3,088 lives lost in Georgia in 2016. Opioid overdose has become an epidemic in our state and now in our county of Gwinnett. In 2016, there were over 169 lives lost in Gwinnett County from overdose. Drug addiction affects our communities, families and children. Even if you do not ride a bicycle, you can still come out and support those who are riding and be a part of our community conversation and build relationships. 24 hour event - FREE to the community! The event will take place on Sunday, October, 8th - Monday, October 9th from 5 p.m. - 5 p.m. Please meet at Mt. View High School (2351 Sunny Hill Road, Lawrenceville, GA 30043). For more information, email [Lisa Manning](#)



### 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 |**

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

**Seeking Volunteers for The International Night Market**

Join in on the fun! The Atlanta International Night Market is seeking brand ambassadors, social media influencers, and volunteers. Be a part of this historic Atlanta event and support 15 local non-profit organizations. For more details and opportunities please [click here!](#)



**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.

**Congratulations to the Association of Future Radiologic Technologist!**

The American Cancer Society has notified the Association of Future Radiologic Technologist Relay for Life team that they have risen to the level of "Rising Star Fundraisers". They raised \$2,087 for Relay for Life this year! Keep up the amazing work!



**GTC Bookstore Announcement**

Textbooks are now arranged by author in the GTC Bookstore. Shop by author, search A to Z! Save time by downloading your Author shopping list to your phone or [visit here.](#)

Textbooks are arranged by author in the bookstore.

**Students' Toastmasters Club Community Service Project**

The GTC Students' Toastmasters Club will be conducting a community service project and collecting urgent need items for Rainbow Village Inc. We will be placing collection boxes in

each building on the Lawrenceville campus. Urgent need items are toiletries, baby wipes, diapers size 4 & 5, cleaning products etc. For more information contact [Thaddeus Nifong](#).



### 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](#)



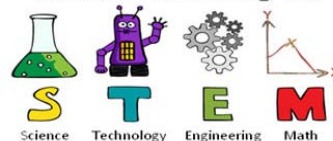
### Georgia Cares

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](#)

Visit the STEM Center @ GTC



### 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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