



LAWRENCEVILLE | ALPHARETTA-NORTH FULTON

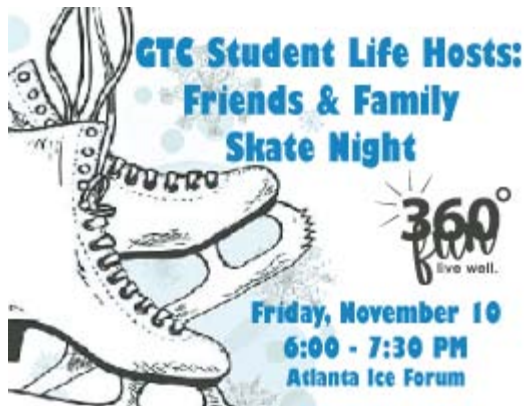
Student Life News & Events

November / 10 / 2017



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Free Ice Skating!



FRIDAY, NOV. 10

Join us for some winter fun!
First 150 people will receive a GTC Beanie!
First 300 people will receive Hot Chocolate!

[Details Below.](#)

Free Massages!



NOVEMBER 29 & 30

Feeling stressed? Need to unwind?
Student Life will offer FREE massages
on both campuses!

[Details Below.](#)

F / NOV 10 - SkillsUSA Club Meeting

Please join us for our next meeting in the Student Life Center from 11 a.m. - 12 p.m. We will be discussing competition opportunities along with information about our next community service project. For more information please contact [Margaret Long](#).

F / NOV 10 - WiT: Exploring Paths in Engineering and Science

Put on your engineering and science hats as we go behind the scenes with Imerys at their new state of the art Imerys Technology Center. We will explore career paths in engineering and science over lunch and fellowship. Imerys is the world leader in mineral-based specialties for industry. The event will take place from 10 a.m. - 2 p.m. at the Imerys Headquarters (4000 Johns Creek Ct., Suwanee, GA 30024). For more information contact [Latunya Henderson](#).

F / NOV 10 - Friends & Family Ice Skating Night

Student Life is hosting GTC Friends and Family Ice Skate Night. Join us for a night of ice skating and winter fun! We are giving away FREE tickets to the Atlanta Ice Forum. Pick up your vouchers today in

the Student Life Center! 4 per student. The first 150 people will receive a free GTC Beanie! The first 300 people will receive free Hot Chocolate! For more information contact [Chantelle Bailey](#).

W / NOV 15 - GTC - Senior Career Academy

Career Services is hosting a Senior Career Academy designated to help graduating students focus their career searches and develop skills needed for success. Participants will receive individualized assistance and have opportunities to network with a select group of employees. We encourage all graduating students to attend this special event. Lunch will be provided and limited space is available so students should register [here for the session](#). For more information please contact [Career Services](#).

W / NOV 15 - AITP Meeting

AITP will meet at 6 p.m. on the Alpharetta-North Fulton campus in room 112. This meeting will be held in conjunction with TAG. Hear from young industry professionals as they divulge their hiring experience. Get tips and tricks to stand out to recruiters and learn the different interview processes and how you can be the choice candidate. Come network with a great panel! Refreshments will be provided. Contact [John Thacher](#) for more information.

TH / NOV 16 - SkillsUSA Competition Meeting

SkillsUSA will hold an informational meeting in the Student Life Center from 12 - 1 p.m. Please join us for a pizza party and competition sign-ups! All GTC students and faculty are invited to attend. Contact [Margaret Long](#) for more information.

TH / NOV 16 - GTC - ISA Monthly 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 be held on November 16th in building 900, room 1105 at 4:30 p.m. Pizza and drinks will be provided. Contact [Garfield Anderson](#) for more information.

TH / NOV 16 - 5th Annual Story Night

Once again the GTC Library is hosting Story Night! This is an evening where students, faculty and staff are encouraged to share their story through Art, Comedy, Spoken Word, Music, or Dance. Each story is given 3-5 minutes. The event will take place in the Library, building 100, room 402 on the Lawrenceville campus from 5:30 - 7:30 p.m. Please register [here for the event](#). For more information please contact [Lakshmi Ramachandran](#).

TH / NOV 16 - GTC Students' Toastmasters International Club Meeting

The GTC Students' Toastmasters International Club will meet at 6 p.m. in the Student Life Center. This will be our Thanksgiving Potluck and a Table Topics Contest! For more information contact [Thaddeus Nifong](#).

W / NOV 29 - Free Massages at Alpharetta-North Fulton Campus

Student Life is sponsoring a free massage service as our gift to you to help reduce tension and relieve stress before exams! Massages will take place on the Alpharetta-North Fulton campus from 11 a.m. - 2 p.m. in the lobby. Enjoy!

TH / NOV 30 - Free Massages at Lawrenceville Campus

Feeling stressed? Need to unwind? Student Life is sponsoring a free massage service as our gift to you to help reduce tension and relieve stress before exams! Massages will take place on the Lawrenceville campus from 11 a.m. - 2 p.m. and 4:30 - 6:00 p.m. in the Student Life Center. Enjoy!

Future Dates

November 20-26 - Thanksgiving Break



HEALTHY TIP

15 Natural Ways to Lower Blood Pressure

High blood pressure can be a serious health risk for individuals if left untreated and uncontrolled. It has the potential to bring on negative health problems such as heart failure, vision loss, kidney disease, stroke, diabetes, and other illnesses. High blood pressure, also known as hypertension, is caused by a large amount of pressure exerted against the walls of your arteries. There are natural ways to treat high blood pressure without taking any kind of medication. *Healthline.com* suggest 15 tips on how to combat high blood pressure naturally:

1. Reduce Sodium Intake
2. Eat More Potassium-Rich Foods
3. Learn to Manage Stress
4. Eat Dark Chocolate or Cocoa
5. Cut Added Sugar and Refined Carbs
6. Walk and Exercise Regularly

[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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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 |

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.](#)

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](#)



**Assured
Hospice**



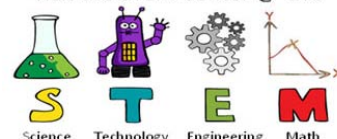
Georgia Cares

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

Visit the STEM Center @ GTC



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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