



LAWRENCEVILLE | ALPHARETTA-NORTH FULTON

# Student Life News & Events

November / 18 / 2016



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## Enjoy Your Holiday!



**NOVEMBER 21 - 26**

No classes scheduled!

Classes will resume on Monday, November 28.

## Ohh-La-La



**DECEMBER 6**

Free massages before final exams!

Details Below.

## T / NOV 29 - Nursing Club Fundraiser

The GTC Nursing Club is having a fundraiser at the new Chipotle on Peachtree Industrial Blvd from 4 - 9 p.m. to help pay for this year's pinning ceremony. You can participate by going there to dine, all you have to do is let them know that you are there for the GTC ADN Club Fundraiser and a portion of your purchase will be donated! The new Chipotle is located at 210- Peachtree Industrial Blvd, Duluth, GA 30097. For more information contact [Laura Hart](#). Thank you for supporting the GTC Nursing Club!

## W / NOV 30 - Student Success Workshop

The Retention Support and Special Populations departments will host workshops on Budgeting and Financial Aid at 12 noon in building 100, room 707 and 6 pm in building 100, room 657 on the Lawrenceville campus. Students will have the opportunity to ask FASFA questions, learn about various types of financial aid, how to manage your money, and much more! A meal is provided along with door prizes, but students must RSVP by emailing [Lisa Richardson](#). RSVP's must be received by 12 noon on Tuesday, November 29th.

## TH / DEC 1 - Open Green Market

The Open Green Market will be selling fresh vegetables, herbs and cut flowers in the courtyard area between building 600 and 100 from 12 - 2 p.m. These are the freshest picked vegetables and fruits straight from our very own GTC Learn-in Farm! We accept cash and check only. All proceeds are used to sustain our farm for continued student experience. If you have questions, please contact [Demetrius Milling](#).

## T / DEC 6 - Free Massages at Both Campuses

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 at the Alpharetta-North Fulton Campus from 11 a.m. - 2 p.m. in the lobby. The Lawrenceville campus location will be in the Student Life Center from 11 a.m. - 1:30 p.m. and 4:30 - 6:30 p.m. Enjoy!

## Future Dates

December 3 - Fall Classes End  
December 5 thru 10 - Final Exams  
January 9 - Spring Classes Begin  
January 16 - Campus Closed



## Healthy Eating During the Holidays

Holidays are a time to enjoy being with friends and family and feasting on traditional meals. The temptation to over indulge yourself may be high, but with a little planning, navigating through the holiday season and maintaining a healthy balanced diet is achievable! *Realsimple.com* gives us a few great tips on how to eat healthy during the holidays:

1. Contribute a healthy dish to a gathering
2. Keep track of what you eat
3. Have a healthy snack to curb your appetite
4. Keep up the exercise
5. Don't go to the mall hungry, cuts down food court temptation

[Read full article](#)

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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## C.R.A.Z.E

C.R.A.Z.E. is an exciting Emory University contest that focuses on promoting HIV/STI prevention messages for young black college women. They are currently accepting audio/video entries from college students that are in the metro Atlanta area and would be ecstatic to have Gwinnett Tech students showcase their talents as participants. The C.R.A.Z.E team is seeking talented intellectuals, poets singers, songwriters, actors, and aspiring health professionals. With the deadline approaching each contestant will be able to upload their submission prior to December 16, 2016. For more information [H. Tivon Bey](#) or [Dr. Rasheeta Chandler](#).



[Annual Toys for Tots Drive](#)

The Annual Toys for Tots Drive, sponsored by the Office of Veterans Affairs, is kicking off this season! Make a child's holiday special! Donate new, unwrapped toys by Wednesday December 7, 2016 to any of the following locations on campus: Office of Veterans Affairs - Building 100, Room 323  
Automotive Technology - Building 300, Room 932  
Foundation Office - Building 700, Suite 2.600  
Office of Student Affairs - Building 100, Room 807.  
Questions? Email [Brian Powell](mailto:Brian.Powell).



### Kaiser Permanente Thrive

The Kaiser Permanente Bridge Program is uniquely designed to help the uninsured and/or low-income pay for a standard Kaiser Permanente for Individuals and Families (KPIF) plan. The program will subsidize the full monthly premium for up to 24 months. Coverage includes preventive services, hospitalization, comprehensive pharmacy, and more. Open Enrollment begins in November. Contact [GTCWIOA@gwinnettech.edu](mailto:GTCWIOA@gwinnettech.edu) for more information about Open Enrollment events at GTC!

### GTC Student's Toastmasters Community Service Project

In order to provide food for hungry families in Gwinnett County, our club has chosen to assist the North Gwinnett Co-Op by collecting canned and dry food products and toiletries. Collection bins are in the Lawrenceville campus Student Center in building 100 and on the Alpharetta - North Fulton campus between now and Thanksgiving. For more information, please contact [Ms. Debbie Trumbo](mailto:Ms. Debbie Trumbo).



### 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 Future Cardiovascular Technologist Club and the Association for Radiologic Technologist 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 tab donations to building 200 - room 121, 245, 133 or the 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!

### Collecting Corks

The Rad Tech program has collected over 12,000 corks, caps and foil from wine bottles for Clothes for Souls. Each is worth 2 cents so we can financially support this global non-profit institution dedicated to fighting poverty. Besides helping the charity, it also helps the earth. The corks are recycled and not put in landfills. Did you know that it takes over 1,500 gallons of water to grow the cotton required for just one pair of jeans and each American discards over 65 pounds of clothing per year? Help us by continuing to donate your corks! Drop off is in bldg. 200, room 245.



## Creating Safer, Healthier Campus Communities

**Haven** UNDERSTANDING SEXUAL ASSAULT

Learn more



### Feel Stressed? You are not Alone!

Going to school can be tough. Life can be tough. Student Life has paid for all of our students to get four free counseling sessions through the Cameron & Associates Life Balance Program. Yes - it's FREE! Just call 404-845-3727 or visit them on the [web](#) and they will give you three counselors close to you to pick from. You are worth the investment!



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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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