



LAWRENCEVILLE | ALPHARETTA-NORTH FULTON

Student Life News & Events

March / 16 / 2018



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Mindfulness Monday's



MARCH 19

Join us for a weekly opportunity to learn about the practice of mindfulness meditation.

[Click here to register.](#)

Get Fit With Coach C!



MARCH 20

Let's spring into action and get active this semester! Join us for this interactive exercise class!

[Click here to register.](#)

M / MARCH 19 - Mindfulness Monday's

Stop, Breathe & Think. Going into a new week can be tough. Student Life believes the best way to start the week off right is with a little peace of mind. Join us for 6 weekly sessions dedicated to mindfulness and meditation. A skilled instructor on the art of mindfulness meditation will lead the sessions every Monday. Join us for our first session in the Student Life Center from 9 - 10 a.m. [Click here to register.](#) For more information contact [Morgan Taylor-Burns](#).

M / MARCH 19 - Learn to Salsa with Student Life!

Salsa! Salsa! Ole! Learn how to dance the Salsa with Student Life while having fun! Whether you are an absolute beginner or a seasoned Salsero, everyone is welcome to attend. A skilled instructor will teach Salsa dance moves in the Student Center from 12 - 1 p.m. on the Lawrenceville campus. [Click here to register.](#) Join the party! For more information contact [Chantelle Bailey](#).

T / MARCH 20 - Get Fit with Coach C!

Looking for a way to become more active? Join us from 12 - 1 p.m. in the Student Life Center as we sweat, burn calories, improve strength and conditioning and have fun! Water will be provided but feel free to bring your own bottle and yoga mat. This fitness class is suitable for all levels. [Click here to register](#). For more information contact [Chantelle Bailey](#).

T / MARCH 20 - SkillsUSA State Competition Meeting

SkillsUSA State Competition meeting will be held in building 100, room 815 at 12:00 p.m. During the meeting we will review stipend pick-up, hotels, transportation, code of conduct, attire, competition check-in, etc. For more information contact [Joanna Key](#).

T / MARCH 20 - Design Group Meeting

Are you a student in the interior design program? Need help networking? Want to travel to destinations that will astonish you? Join the design group where you'll be part of a community that shares the same passion as you. There will be a discussion on the annual trip to the Biltmore Estate in Asheville, SC. If you have any questions or concerns contact club president, [A'Olyian Lindsey](#).

W / MARCH 21 - Social Bingo at ANF Campus!

Student Life is hosting Social Bingo! Come out for a chance to win great prizes and meet new people! Everyone is welcome to join Student Life for Social Bingo starting at 11:30 a.m. in the main lobby of the Alpharetta-North Fulton campus. Come out and win prizes, meet new people and have fun with friends! For more information contact [Chacara Kellum](#).

W -TH / MARCH 21-22 - Culinary Arts Presents a Semester of Lunches!

The Gwinnett Tech Culinary Arts Program is proud to present another awesome semester of exciting lunches with an international flair! To make reservations for these semester lunches: submit request via email to [Reservations](#). Cancellations require a minimum 24-hour notice. Special request require a minimum 24-48 hour notice and we will do our best to accommodate. You will receive a confirmation of you reservation. The cost is still an unbeatable \$15. Cash or check only! This week's lunch is a French/Italian cuisine (a la carte). Please join us for lunch at 12:15 p.m., building 700, Busbee Center lobby. Our service goal is one hour, but due to the learning-teaching environment, it may take longer. We cannot accommodate "To Go" orders.

TH / MARCH 22 - Bake Sale Hosted by Surgical Tech

The Surgical Technology club will be hosting a bake sale from 11:30 a.m. - 1:00 p.m. They will be located between the 100 and 200 building, and in the 900 building. Come out and support your Surgical Tech club! Questions, contact [Chelsea Smith](#).

TH / MARCH 22 - Information Security Association Meeting

Gwinnett Tech - ISA is the student community of choice for Gwinnett Tech 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](#).

TH / MARCH 29 - CareerWorx 2018 is Coming!

CareerWorx is right around the corner and we would like to cordially invite you to join us along with your family and friends! The CareerWorx event will be from 4 -8 p.m. on our Lawrenceville campus. If you haven't decided on a program this is a fantastic opportunity to visit the programs you have your eye on. Come speak with program directors, instructors, business partners and students currently enrolled in our programs of study. Learn about ways to continue your education. CareerWorx is an interactive event which engages curious people of all ages as they explore educational and career training opportunities at Gwinnett Tech. We encourage you to invite your friends, family, neighbors, church groups, volunteer organizations and anyone you feel would be interested in attending CareerWorx and learning more about Gwinnett Tech. To attend CareerWorx, please register on the [Gwinnett Tech CareerWorx website](#). If you have any questions, please contact [Dawn Anderson](#).

T / APR 3 - Mental Health Awareness

The purpose of this workshop is to educate and inform students of current trends on college campuses as it relates to mental illness. Presented by a mental health specialist, students will learn about causes, symptoms and potential effects of common mental health issues. It will touch on suicide warning signs and prevention. The final topic will be a discussion of learning disorders. the

event will take place from 12-1 p.m. in building 100, room 106 on the Lawrenceville campus. Lunch and door prizes will be provided. Please RSVP by Monday, April 2 by 12 p.m. by contacting [Lisa Richardson](#).

T / APR 3 - LinkedIn Workshop for Veterans

Student Veterans will learn to utilize LinkedIn as a networking tool for success! The event will take place in building 100, room 259 from 1 - 2 p.m. and again from 6 - 7 p.m. Refreshments will be provided. Contact [Brian Powell](#) for information.

T - TH / APR 10 - 12 - Gwinnett Tech Spring Plant Sale

The Gwinnett Tech Horticulture Department will host its annual Spring Plant Sale from 9 a.m. - 4 p.m. in the greenhouse next to building 600. A variety of both annuals and perennials will be available. There will be hanging baskets with geraniums, petunias, begonias and much more. Perennials include garden phlox, yarrow, liatris, blanket flower, Echinacea, coreopsis, and more. Our perennial shrubs include azaleas, loropetalums, boxwood, hollies and more. For more information contact [Jean Harrison](#).

Future Dates

March 26 - Mindfulness Monday's & Free Salsa Lessons!
March 27 - Get Fit with Coach C!
April 4-5 - Culinary Arts Presents a Semester of Lunches!
April 5 - Women In Technology - Career Exploration
April 30 - Commencement



HEALTHY TIP

How To Practice Mindfulness

Becoming more aware of where you are and what you're doing, without becoming overly reactive or overwhelmed by what's going on around you is the practice of mindfulness. When we practice mindfulness we're practicing the art of creating space for ourselves - space to think, space to breathe, space between ourselves and our reactions. By following the simple steps listed below, you can get to know yourself up close and personal. *Mindful.org* details how to practice mindfulness:

1. Find a place to sit that feels calm and quiet to you.
2. Set a time limit.
3. Notice your body.
4. Follow the sensation of your breath as it goes out and as it goes in.
5. Notice when your mind has wandered.
6. Don't judge yourself or obsess over the content of the thoughts you find yourself lost in.

[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!

Tutoring Volunteer Needed!

Do you need volunteer hours and enjoy working with other

students? The Adult Education Department is looking for volunteers to tutor GED students in reading, math and language arts. All grade levels available. Tutoring will be done on campus. Day and evening hours are available. Contact [Andrea Fairclough](#). or call 678-226-6702 for more information.



Feed Our Vets

We will be collecting non-perishable food donations to benefit the Northeast Georgia Homeless Veterans Shelter, March 1 - 23, 2018. The items needed are as follows: rice mixes, pasta mixes (like Rice-a-roni, Pasta-roni, Lipton, etc.) snacks, energy bars, cookies, cereal, oatmeal, plain rice or pasta, peanut butter, jelly, canned meats, (like tuna, chicken, and salmon), canned soups and stews. Please bring your donations to any of these locations on campus: Office of Veterans Affairs (Building 100, Room 323), Office of Student Affairs (Building 100, Room 807), Automotive Technology (Building 300, Room 108), Foundation Office (Building 700, Second Floor), and Alpharetta-North Fulton campus (Atrium). For questions, please contact [Brian Powell](#).

Food For Thought Food Pantry

Did you forget your lunch? Are you unable to go out and pick up a snack? Do you need food for the weekend? Not getting your paycheck until next week and you are short on cash? If you need food contact [Lisa Richardson](#) or call 678-226-6691 or stop by Building 100, Room 323. The Food for Thought program is to aid GTC students' educational success by alleviating the burden of food insecurity.



**REPRESENT
GEORGIA**



Rep GA Institute Training

Do you want to get involved in public service, but dont quite know how to do it? If youre ready to lead we are here to help! The training will be held this Saturday, March 10 from 9:00 a.m. - 3:30 p.m. at the Gwinnett Technical College - Lawrenceville campus. The cost for attendance is \$25, which covers snacks and lunch. The event is an introductory training for those who are interested in running for office or holding a public leadership role (boards, commissions, etc.) either now or in the future. Anyone is eligible to attend! You can visit our [website](#) to register online. If you have questions, please contact Kendra Cotton at 678-631-7315.

Stop the Bleed Save-a-Life Class

In honor of National Stop the Bleed Day, our trauma team is hosting a public class to teach the principles of the Stop the Bleed program. This important program puts life-saving information into the hands of the public in the event of a traumatic injury. At this event, you'll learn valuable information about wound packing and tourniquet training, followed by hands-on experience. This event will take place at the GMC Resource Center (665 Duluth Hwy, Lawrenceville, GA 30046) on Saturday, March 31 from 10 a.m. - Noon. The event is open to the public, as well as any organizations or groups. To learn more visit our [website](#). Stop by and learn how to stop the bleed and help save lives.



GeorgiaFIRST Robotics Seeking Volunteers

GeorgiaFIRST Robotics is seeking volunteers in all event areas: Judges, Inspectors, Field Reset, Field Set-up, Field Management, Photography, Host, Crowd Control, Etc. (A complete listing of event volunteer roles and duties can be



found on our [website](#) - click on volunteer). Come join us for the 2018 season. Eighty to one-hundred volunteers are needed each day of competition and we need you! For more information on volunteering, please contact: Executive Director, [Connie Haynes](#) or Volunteer Coordinator, [Elizabeth Shannon](#) or Volunteer Coordinator, [Teresa Buckovics](#).

Vet Tech Club Pet Supply Drive

The Vet Tech Club will be collecting donations for some local animal institutions, such as Gwinnett County Humane Society, to help support them and their cause to save and care for animals from February 26 - April 23. Boxes will be located in building 200 on the 1st floor near the entrance, building 100 near the entrance, building 100 in front of the Student Life Center, and building 900 near the entrance. Look for the boxes that are wrapped and have a furry friend attached! Thank you for your support.

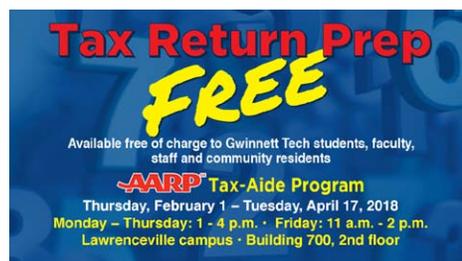


2018 Gwinnett Tech Next Step Transfer Fair

Gwinnett Tech's annual Next Step Transfer Fair is designed for Gwinnett Tech students and alumni who are ready to continue their education. It's an opportunity to visit with admissions representatives from scores of four-year colleges and universities - all of which have articulation agreements with Gwinnett Tech and/or the Technical College System of Georgia. Take the step now! The event will be held on Tuesday, March 20th in the Busbee Center, building 700, from 10:30 a.m. - 1:30 p.m. on the Lawrenceville campus. For more information contact [Kimberly Morton](#).

AARP Tax Prep Returning February 1 - Open to All

Gwinnett Technical College has partnered once again with the AARP Foundation to offer FREE tax assistance and preparation for community members, faculty, staff and students. Tax assistance will be held from Thursday, February 1st to Tuesday, April 17th. Monday through Thursday they will be available from 1 - 4 p.m. and Friday's they will be available from 11 a.m. - 2 p.m. You can receive assistance in the Busbee Center, building 700, the sign-in area is located in the 2nd floor lobby. Taxpayers wanting to take advantage of this service should bring: All tax forms - W2s, Form 1095, All forms 1099, such as INT, DIV, B, G, MISC, R, S, A, or C; Last year's return; photo ID issued by state or government; Social Security cards for everyone on the return; and checkbook (necessary if you want automatic deposit or withdrawal). Clients will be seen on a first come, first serve basis, within the set times provided. There is no charge for this assistance and you do not have to be an AARP member. No appointments necessary. For questions, please call 770-962-7580.



CareerWorx @GwinnettTech

Join us for CareerWorx - an experience that connects exceptional education to future careers. We invite the community to see all our programs and student services and discover a career that leads to rewarding jobs. At CareerWorx, you will explore dozens of "hands-on" activities and talk with employers. Talk with student recruiters, financial aid counselors and enrollment advisors - you can even start



your College Application! Explore jobs that may be open to you with a Gwinnett Tech education, how much you can make and possible career paths. See the excitement behind today's in-demand careers as you consider what comes after high school, or even a new career. At CareerWorX, you will experience real-world jobs and tasks. You may examine a model heart, perform a mock sonogram, experience a full-sized construction jobsite, use a virtual welder, see drone photography, operate a surgical laparoscopic trainer and more! Save the date! Join us at a campus convenient for you Lawrenceville, Thursday, March 29th from 4 - 8 p.m. or Alpharetta, Wednesday, May 30th from 4- 8 p.m. Registration is now open for the Lawrenceville event, [click here to register](#).

New Student Counselors 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 counselors [Melissa Massey](#) or [Juanita Bentley](#) 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 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.](#)

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](#)



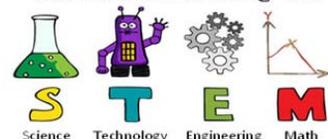
Georgia Cares

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

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UNDERSTANDING
SEXUAL ASSAULT

Learn more

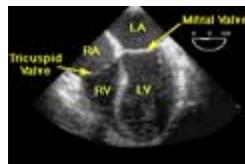


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GTC STUDENT PERKS!

MUST SHOW CURRENT STUDENT/FACULTY ID TO RECEIVE DISCOUNTS.

[Click here for details](#)



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CONTACT STUDENT LIFE

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