



LAWRENCEVILLE | ALPHARETTA-NORTH FULTON

Student Life News & Events

May / 26 / 2017



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Get in the Spirit!



WEAR YOUR SCHOOL PRIDE

May 31 - Alpharetta-North Fulton campus
June 1 - Lawrenceville campus
Prizes will be given out randomly to those wearing GTC apparel.

[Details Below.](#)

Excelling @ Excel



WEDNESDAY, May 31

Student Life is hosting a FREE Intro to Excel Class. Instructor, Greg Creech, will teach you tips and tricks on how to increase your Excel productivity.

[Register Here!](#)

M / MAY 29 - 24th Annual Dacula Memorial Day Parade

The Student Veterans Organization will march in the 24th Annual Dacula Memorial Day Parade. We welcome the opportunity for our Gwinnett Tech student body to honor and pay tribute to those who gave their lives to protect our freedom. The parade begins at 10:00 a.m. Please RSVP if you are interested in participating by Friday, May 26th. [RSVP here!](#) Participants must arrive by 9:30 a.m. and meet at the start of the parade, which begins in the parking lot of Hebron Baptist Church. Light refreshments will be provided. All students, family, faculty and staff are encouraged to join us! Participants will receive additional information prior to this event. We look forward to seeing you there! For questions, please email [Brian Powell](#).

T / MAY 30 - Hip Hop Class

Come out and dance with us! Feel the beat of this high energy Hip Hop Class! Learn a full hip hop routine in the Student Life Center from 12 p.m. - 1 p.m. on the Lawrenceville campus. Join the fun!

[To register click here!](#) For more information contact [Chantelle Bailey](#).

W / MAY 31 - Spirit Wear Day - ANF

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 on the Alpharetta- North Fulton campus! Join us from 12 p.m. - 1 p.m. in the lobby of building A on the Alpharetta-North Fulton campus for a chance to spin the wheel for even more great prizes and enjoy a free popcorn in between classes. Swing by the GTC Bookstore for 20% off one GTC logo apparel or gift item per customer (Discount not applicable to previous purchases, textbooks, and technology). Contact [Chantelle Bailey](#) for more information.

W / MAY 31 - Excelling @ Excel

Join us as we put the FUN back into formatting, formulas, fills, filters and functions! Student Life is hosting a FREE Intro to Excel Class. Increase your Excel productivity with tips and tricks packed into this fast paced workshop. Instructor, Greg Creech will show you how to apply formatting, create formulas, build charts, and much more! The event will take place from 3:00 p.m.- 4:30 p.m. in building 100, room 409 on the Lawrenceville campus. Seating is limited! [Register for the class today by clicking here.](#) Questions? Contact [Morgan Taylor-Burns](#).

W / MAY 31 - Let's Talk at the Library!

Practice Conversational English at GTC Library, building 100, from 4:00 p.m. - 5:30 p.m. Everyone is welcome to join. Registration is not required. All sessions are held in English. For more information call 678-226-6388 or [click here!](#)

TH / JUNE 1 - Spirit Wear Day - LAW

Wear your favorite GTC apparel for the chance to win a prize! Prizes will be given out randomly throughout the day to those sporting GTC apparel on the Lawrenceville campus! Join us from 12 p.m. - 1 p.m. in building 900 on the Lawrenceville campus for a chance to spin the wheel for even more great prizes and enjoy a free sno-cone in between classes. Swing by the GTC Bookstore for 20% off one GTC logo apparel or gift item per customer (Discount not applicable to previous purchases, textbooks, and technology). Show your GTC Pride! Contact [Morgan Taylor-Burns](#) for more information.

TH / JUNE 1 - Farm to Table

Gwinnett Technical College Culinary Arts will host the "Farm to Table Lunch Summer Series". The menus will be a prix-fixe, focusing on the freshest possible ingredients from our own campus farm, as well as from other local and regional farmers and providers. Since this is a special event series, we are unable to accommodate special dietary request. Lunch price will be \$15 and will be served at 12:30 p.m. Seating is limited, so please make your reservations as soon as possible by [clicking here](#). Please be sure to specify the date you wish to reserve and how many in your party.

TH / JUNE 1 - GTC Students' Toastmaster International Club

The GTC Students' Toastmaster International Club will resume meeting at 6:00 p.m. in building 200, room 104 at the Lawrenceville campus. For more information contact [Thaddeus Nifong](#).

T / JUNE 6 - Hip Hop Class

Join Student Life for the final fun-filled, high energy Hip Hop Class of the summer! Come out and bust a move from 12 p.m. - 1 p.m. in the Student Life Center. Come dance with us! [To register click here!](#) For more information contact [Morgan Taylor-Burns](#).

W / JUNE 7 - Let's Talk Credit

Students, Wells Fargo can educate you on how to set and reach your financial goals. Join us for an ice cream social and free seminar in building 100, room 523 from 1:30 p.m. - 2:30 p.m. on the Lawrenceville campus. Do you have a "plain vanilla" budget, but you have "creamy fudge" taste? Attend this seminar to learn about budgeting and how your credit may affect your job search. For more information contact [Fred Green](#) or call 770-338-7501.

TH / JUNE 8 - Farm to Table

Gwinnett Technical College Culinary Arts will host the "Farm to Table Lunch Summer Series". The menus will be a prix-fixe, focusing on the freshest possible ingredients from our own campus farm, as well as from other local and regional farmers and providers. Since this is a special event series, we

are unable to accommodate special dietary request. Lunch price will be \$15 and will be served at 12:30 p.m. Seating is limited, so please make your reservations as soon as possible by [clicking here](#). Please be sure to specify the date you wish to reserve and how many in your party.

Future Dates

June 1 - SkillsUSA Club Meeting
June 15 - Science Club Movie Night
June 15 - SkillsUSA Club Meeting
June 15 & 22 - Culinary Arts Farm to Table



HEALTHY TIP

9 Foods That Naturally Boost Your Metabolism

If you are searching for ways to lose weight and be healthier overall then you should look into increasing your metabolism. A faster metabolism helps you with digestion, and helps burn off fat and pounds, even while you are sleeping. Your metabolism is partly ruled by genetics, but you can rev it up naturally by eating right. *Health.com* discusses 9 foods that help to increase your body's fat-burning power:

1. Egg Whites
2. Chili Peppers
3. Lean Meat
4. Green Tea
5. Lentils
6. Coffee

[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!



Camp Imagination Station

Where every child's imagination is the only limit! Exciting activities for all children: weekly field trip and special activities; water play; atelier - art studio; dramatic play village; inventors warehouse; multi-media lab; game room and more! Weekly enrollment is available for children entering Kindergarten through 2nd grade. We have low child-teacher ratios. Camp Imagination Station will take place at the D. Scott Hudgens Jr. Early Education Center from May 30 - July 21 (8 weeks) from 7:00 a.m. - 6:15 p.m. Cost are \$180 per week or \$50 a day and this includes meals and field trips. Call 678-226-6510 to register today!

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



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.

Pet Food/ Pet Supplies Drive

The Future Cardiovascular Technologist club will be sponsoring a pet food / pet supplies drive throughout the remainder of the semester. The drive will collect items for FurKids animal shelter and rescue. Collection boxes will be placed in the student lounge areas around campus. Some items being collected are: Fancy Feast Classic Chicken, Friskies Chicken Dinner Wet Food, Quality dog treats, Denta-Chews, Interactive dog toys, cat scratchers and refills, paper towels, wipes, etc. For more information, email [Kristen Buoy](#)



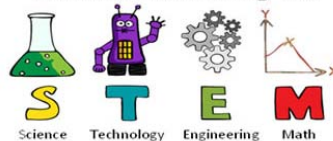
Georgia Cares

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 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 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



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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