



LAWRENCEVILLE | ALPHARETTA-NORTH FULTON

# Student Life News & Events

September / 22 / 2017



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## 99 Motivators for College Success



**MONDAY, SEPTEMBER 25**

Learn how to use Fear-Focus-Passion as the fuel to drive your career decisions!

[RSVP here!](#)

## Get Fit With Coach C!



**MONDAY, SEPTEMBER 25**

Get active with Student Life and Coach C!  
Fitness class is suitable for all levels.

[Sign up here!](#)

## M / SEPT 25 - Lunch n' Learn

The Office of Retention Services is hosting a lunch n' learn from 11:00 a.m. to 12:30 p.m. in the Cisco Auditorium, building 700. Lunch will be provided beginning at 11 a.m. and the presentation begins at 11:30 a.m. Speaker Perry Binder, a legal studies professor at Georgia State, will teach college students how to succeed in the college classroom. [RSVP here!](#)

## M / SEPT 25 - Tibetan Bowl Meditation

The ancient sound of Tibetan singing bowls have the ability to induce an immediate deeply meditative state. This powerful music therapy relaxes both body and mind from stress and tension. Come relax to a different tune with Student Life. Mediation will be held in the Student Life Center from 12 - 1 p.m. [Sign up here!](#) For more information contact [Chantelle Bailey](#).

## M / SEPT 25 - Get Fit with Coach C!

Looking for a way to become more active? Join us from 3 - 4 p.m. in the Student Life Center as we

sweat, burn calories, improve strength & 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. [Sign up here!](#) For more information contact.

### T / SEPT 26 - Voter Registration

Are you registered to vote in the upcoming local, state, and national elections? Do you have questions about your current registration status or just need to change your name or address on your voter registration? Then be sure to stop by the table outside the Student Life Center in the 200 hall of building 100 from 11:00 a.m. - 1:30 p.m. Experienced volunteers will be on hand as part of National Voter Registration Day to answer any questions you may have and help with your registration.

### TH / SEPT 28 - Surgical Tech Bake Sale

Surgical Tech will be hosting a bake sale from 10 a.m. - 3 p.m. We will be posted near building 100 and walking around the campus as well. For more information, please contact [Glenda McCloskey](#)

### 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](#).

### 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 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](#).

## Future Dates

October 5-7 - Fall Break



## 6 Mindfulness Exercises

What is mindfulness? Being mindful is part of the meditation process but less formal. It is breathing, thinking, and awareness. With our busy schedules, it can be difficult to find the time to sit down and relax, let alone 30 minutes or more for a meditation session. By using these simple mindfulness exercises you can work towards clearing your mind from a hectic day. *Pocketmindfulness.com* discusses 6 exercises that take very little effort and can be done anywhere at any time:

1. Mindful breathing
2. Mindful observation
3. Mindful awareness
5. Mindful listening
6. Mindful appreciation

[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!



## 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.

## 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!](#)



## Atlanta Falcons Seeking Volunteers

The Atlanta Falcons are looking for volunteers to assist with their home games. You are asked to work from 4:00 - 7:00 p.m. and will be given access to the game at 7:30 p.m. You will need to find your own parking. We suggest Marta or carpooling. If interested please contact [Keith Roberts](#) 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](#)

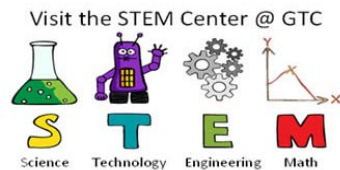


### Georgia Cares

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](#)



### 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

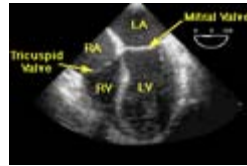


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MUST SHOW CURRENT STUDENT/FACULTY ID TO RECEIVE DISCOUNTS.

[Click here for details](#)



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## CONTACT STUDENT LIFE

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