



LAWRENCEVILLE | ALPHARETTA-NORTH FULTON

Student Life News & Events

October / 28 / 2016



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Free Workshop!



THURSDAY, NOV. 3

12 p.m. / Lawrenceville campus

Work on your brand / communication skills at the WIT Workshop!

All GTC students are welcome to attend!

Mark Your Calendars!



SATURDAY, NOV. 5

2 -5 p.m. / Rancho Alegre

Free entertainment, games, prizes, food, face painting, hay rides, petting zoo & more!

Bring your friends and family!

F / OCT 28 - Live 2 Lead

Gwinnett Technical College is hosting a half-day leadership simulcast encore event produced by The John Maxwell Co. Live 2 Lead will expand your capacity to lead with a morning that is inspiring, motivating, and empowering. This year, John Maxwell will teach from his life changing book, The 15 Invaluable Laws of Growth, along with 3 other great speakers. If you would like to attend the event, you can receive a \$20 discount by using the code, "edu", when you register online making your ticket price \$49. For more detailed information and to purchase tickets go to the [website](#). The event will take place from 8:30 a.m. to 12:30 p.m. in the Busbee center, bldg. 700.

T / NOV 1 - Commercial Construction Guild Kick-off Meeting

The first official meeting of the CCG will be held at 6:40 p.m. in building 100, room 651 on the Lawrenceville campus for members and those interested in joining CCG. Please contact [Irish Horsey](#) for more details.

TH / NOV 3 - Women In Technology Workshop

Are you interested in learning how to market your personal brand? Would you like to improve your communication skills? The Women in Technology (WIT) club of Gwinnett Technical College in conjunction with Pivit-U, will host a personal brand/communication workshop. The event will begin at 12 p.m. in building 200, room 104 on the Lawrenceville campus. This event is free to all GTC students. You must register by clicking [here](#). Lunch will be provided. For more information, please contact [Andreia Ford](#).

TH / NOV 3 - GTC Science Club

Join us for the next GTC Science Club meeting! We will discuss volunteer opportunities at the Fernbank Science Center Chemistry Day (November 5)! We will meet from 12 - 1 p.m. in building 900, room 1.313 on the Lawrenceville campus. If you have any questions please email [Margaret Long](#) or [Saphronia Johnson](#).

TH / NOV 3 - GTC Student's Toastmasters Club - ANF

Alpharetta - North Fulton's campus is proud to host the GTC Student's Toastmasters Club Meetings! Join us at 1:00 p.m. in room A-236 and discover how this club can help improve your communication and leadership skills. All GTC students are welcomed! For more information, please contact [Thaddeus Nifong](#).

TH / NOV 3 - GTC Student's Toastmasters Club - LAW

Are you looking for a campus club to help improve your communication and leadership skills? Please join us at 6 p.m. on the Lawrenceville campus, building 200, room 104! All GTC students are welcomed! For more information, please contact [Dr. Penny Waddell](#).

S / NOV 5 - Family Fall Festival

Everyone be sure to mark your calendars for the Family Fall Festival! Everyone is welcome to bring your friends and family to join us at our Family Fall Festival event from 2 - 5 p.m. at Rancho Alegre (2225 Givens Road, Dacula, GA 30019)! We will have free entertainment, games, prizes, crafts, face painting, hay rides, petting zoo, food, and more! Everything is FREE! Rain date is Saturday, November 12 (check your student email).

S / NOV 5 - GTC Science Club at Fernbank Chemistry Day!

The Fernbank Science Center is hosting Chemistry Day! The GTC Science Club is volunteering and will have a forensic science activity called, "Who Stole the Cookie from the Cookie Jar?" Chemistry Day is open to families and children of all ages! For more information, visit their [website](#). It is FREE! If you have any questions please email [Margaret Long](#) or [Saphronia Johnson](#).

TH / NOV 10 - Veterans Day Celebration

Everyone is invited to attend our Veterans Day Celebration featuring our distinguished speaker Master Sergeant Cedric King (Army, RET.) sponsored by the Gwinnett Technical College Office of Veterans Affairs. He will discuss the topic of "Thriving Through the Fire of Adversity". Master Sergeant Cedric King will share how the military prepared him to face the greatest challenge of his life. The event will take place at 10:30 a.m. in the Busbee Center, building 700. We will also broadcast the event via webcast to the Alpharetta North Fulton campus, lecture hall 112. Please RSVP to [Brian Powell](#).

TH / NOV 10 - 4th Annual Story Night

Gwinnett Technical Library presents the 4th Annual Story Night. The event will take place from 5:30 - 7:30 p.m. at the GTC Library, building 100, room 402 on the Lawrenceville campus. Students can express their story through music, dance, comedy, visual art, or spoken word. Register [here](#) by November 9. Come tell your story or stop by and listen! There are many ways to share a story.

M-F / NOV 14 - 18 - National Career Development Week

Career Services will host a series of fun and engaging learning activities throughout the week so watch your email for the full lineup of events. Please join us for the kickoff event Monday, November 14 at 9 a.m. on the lawn in front of building 100. If you need additional information about the activities for the week feel free to contact [Susan Goines](#).

W / NOV 16 - AITP Meeting

Everyone is welcome to join the AITP meeting in building 700, room 2201 from 5:00 - 5:45 p.m. on the Lawrenceville campus. We will have guest speaker Bruce Skillin of Georgia Pacific. He will

present on the ins and outs of a new mobile app using photographic keys in locales to have an avatar present info on the locale. It's a really cool concept, similar to Pokemon Go, except it's for serious use. Pizza and refreshments will be provided. For more information please contact [Dr. John Thacher](#).

TH / NOV 17 - Annual CCG/ Program Advisory Board Student Mixer

The Commercial Construction Guild will co-host a networking event for the commercial construction management students and industry advisors from 6:30 - 8:00 p.m. This is a great opportunity for students to showcase their professionalism and interact with industry leaders. Food and beverages will be served. Please contact [Irish Horsey](#) for more details.

Future Dates

November 17 - GTC Student's Toastmasters Club

November 21-27 - Thanksgiving Break



10 Tips for Clean Eating

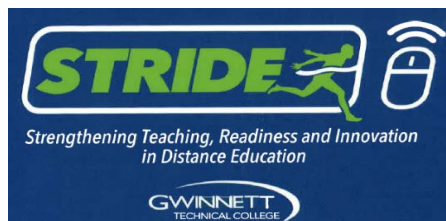
Eating clean is a great way to refresh your eating habits. It is focused around eating the healthiest options out of each of the food groups while eating less of the not-so-healthy ones. By cutting refined grains, added sugars, and unhealthy fats from your diet, you can begin to embrace whole foods like vegetables, fruits and whole grains. *Eatingwell.com* gives us some useful tips on how to eat clean:

1. Limit Processed Foods
2. Bump Up Your Vegetables
3. Choose Whole Grain
4. Eat Less Meat
5. Up Your Fruit Intake

[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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SACSCOC Accreditation Team to Visit Both Campuses

Starting Monday, October 24, for the Alpharetta-North Fulton and Tuesday, October 25, for the Lawrenceville, Gwinnett Tech will host the 11 member [SACSCOC](#) On-Site Accreditation Committee. They will evaluate and determine the acceptability of the Quality Enhancement Plan Stride, review standards and requirements related to the criteria established by the U.S. Department of Education, and to review any areas of concern. Let's stride with GTC pride next week!

Nursing Club Donation Drive

The Nursing Club is holding a donation drive to benefit the Atlanta Children's Shelter. The Shelter provides no-cost childcare, meals, clothing and medical attention to children of families living in homeless shelters or transitional housing. The

care they give allows parents time to search for work and that care continues for up to a year to allow parents to work and save enough money to become self-sufficient. They also offer employment assistance, housing assistance and counseling. For more info about the shelter, visit their [website](#). We will be collecting donated items in the lobby of building 900 on the Lawrenceville campus on October 31st and November 1st from 9 a.m. to 3 p.m.. The shelter currently needs items such as; umbrellas, child and adult ponchos, stroller rain covers, hygiene items, socks all children sizes, new children's fall/winter clothes and coats (6 months- 6X), new children shoes all sizes (0-13.5), umbrella strollers, towels, wash clothes, cleaning supplies, etc. For a full list of items, please contact [Laura Hart](#)



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 for more information about Open Enrollment events at GTC!

GTC Student's Toastmasters Community Service Project

Please help the GTC Student's Toastmasters Club members provide food for needy families this Thanksgiving season through the North Gwinnett Co-Op. Dry and canned food items may be delivered to the Student Center in building 100 or to building 200, room 115 on the Lawrenceville campus and at the Alpharetta - North Fulton campus between now and Thanksgiving. For more information, please contact [Dr. Waddell](#).



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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