

GTC Student Life News & Events

April / 8 / 2016



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Coming Soon!



THURSDAY, APR 14

Interactive free event to see science in action
and explore STEM Careers

L'ville Campus / 6-9 p.m.

[More details below.](#)

2nd Annual Car Show



SATURDAY, APR 16

Event features door prizes, food trucks & DJ.
Open to public for free!

L'ville Campus / 11 a.m. - 3:30 p.m.

[More details below.](#)

TH / APR 14 - Trivia Challenge at ANF Campus

Join us for Trivia Thursday at the Alpharetta-North Fulton campus, brought to you by the GTC Science Club. Bring a team of your classmates or come on your own! We will have game-show style trivia over all academic subjects, popular culture, and current events. Prizes will be given to the winning trivia team! We'll meet at 1:30 p.m. in the lobby. Pizza will be provided while you learn more about the ongoing Trivia Challenges, the QuizBowl Team, and Science Club. If you have any questions, please email [Margaret Long](#).

W / APR 13 - Active Shooter & Safety Discussion

Safety discussions are one of the most important ways students can prepare for an emergency. Gwinnett Tech's Chief of Police, Mike Blouin, will discuss different ways to handle an active shooter on campus and other general safety information. This is an excellent opportunity to gather tips on how to stay safe and be prepared on campus! Feel free to think of questions beforehand. This discussion will take place on the Lawrenceville campus from 12:15 - 1:15 p.m. in the Student Life Center located in building 100. Pizza and refreshments will be provided. [Click here to sign up](#). For more information please contact [Jamie Randolph](#).

W / APR 13 - SLC Meeting

Everyone is welcome to join us for our Student Leadership Council meeting on the Lawrenceville Campus in the Student Life Center from 12 – 1 p.m. Our guest speaker, Chief of Police Mike Blouin, will discuss different ways to handle an active shooter on campus and other general safety information. It will be a beneficial discussion, so please plan to attend. Pizza and refreshments will be provided. Feel free to bring a friend along! For more information please contact [Jamie Randolph](#).

W / APR 13 - Poetry Night

The Multicultural Club in collaboration with the GTC Library is hosting the 4th Annual Poetry Night! Niles Gray is the MC for the event that takes place from 5:30 - 7:30 p.m. at the Lawrenceville campus library located in building 100, room 402. Read your original poetry, other published works, or just come and listen! All participants must [register](#) by April 10 to read or recite. Questions? Please call 678-226-6388.

TH / APR 14 - ScienceWorks!

Come experience a mock surgery, race in a driving simulator, conduct a forensic investigation, make ice cream with liquid nitrogen, paint with light, screen DNA for cancer genes, harness solar power, test your aim in a firearms simulator, experience virtual realities and more! Science WORKS! is an interactive free event for families with children in 6th to 12th grades looking to explore STEM careers. This is an amazing opportunity to see science in action like never before. Guests can learn how science and math can be launching pads for more than 30 in-demand careers. Event runs from 6-9 p.m. on the Lawrenceville campus. For more information [click here](#).

SA / APR 16 - GearHeadz Car Show

The 2nd Annual GTC GearHeadz Car Show is open to all automotive enthusiasts: students, faculty, staff, and the general public. Shine up your car and bring it to show off for only \$5 or come and spectate for FREE! We will have door prizes, food and a DJ. Proceeds will go to our project vehicle. Event takes place from 11 a.m. - 3 :30 p.m. in the central parking lot of the Lawrenceville campus. For questions, please email [Andy Lindman](#).

Future Dates

- April 20 - Get Up & Move!
- April 20 - GOAL State Competition
- April 21 - GTC Student's Toastmasters International Meeting
- April 21 - ISSA Meeting
- April 21 - Science Club Meeting



Power Up Your Diet

Eating well is known to help you look, feel and perform your very best. "Food, if it's chosen well, can reshape our medical destinies for the better," says David Katz, MD, director of the Yale Prevention Research Center. Health.com provides a list of 10 springtime superfoods that can help create a supercharged you. They also state that "these science-backed foods will boost your mood, energy, metabolism, and memory."

1. Walnuts - mood
2. Asparagus - mood
3. Spring Garlic - weight loss
4. Legumes - weight loss
5. Spinach - energy
6. Artichokes - energy
7. Salmon - skin
8. Strawberries - skin
9. Eggs - memory
10. Blueberries - memory

[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 jrandolph@gwinnetttech.edu with your suggestions!

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ANNOUNCEMENTS!

Business Plan Contest

There is \$25,000 in cash and prizes up for grabs in the 6th annual amazing entrepreneur contest! This competition is an initiative to foster new business development in Gwinnett County and features two prize categories in Established Business (you're up and running) and Pre-Venture (you have a great idea). To find out all the details about the contest, [click here!](#)



Lift Up Atlanta Drive

The GTC Student's Toastmasters Club is holding a Lift Up Atlanta drive to provide book bags, note books, paper, pencils, and school supplies for under privileged children in Gwinnett County. We will be collecting items until Monday, June 6th. Items can be dropped off in the collection bin located in the Student Life Center or to Dr. Penny Waddell's office in building 200, room 115.

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.](#)



AARP Offers Tax Assistance

The volunteers with AARP Foundation Tax-Aide will offer free tax assistance and preparation for community members now until Monday, April 18, 2016 on the second floor of the Busbee Center, building 700 on the Lawrenceville Campus. No appointment is necessary, as clients will be seen on a first come, first served basis between 1 - 4 p.m. Monday through Thursday and from 11 a.m. - 2 p.m. on Friday. There is no charge for this assistance and you do not have to be an AARP member. For more information on documents needed and about the program, [Click Here.](#)

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.



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 room 121, 245 or 133 in bldg. 200. Thank you!

You Shop. Amazon Gives Back to GTC!

Smile.Amazon.com 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! Win-;Win!! If you have further questions, please contact [Darcie Johnson](#).



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FAFSA

Don't Forget!
Complete your 2016-2017 FAFSA
www.fasfa.gov

Transfer Your Tax Info Using the IRS Data Retrieval Tool
Fall Financial Aid Deadline - Friday, May 13

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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