

GTC Student Life News & Events

May / 20 / 2016



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Coming Soon!



THURSDAY, MAY 26

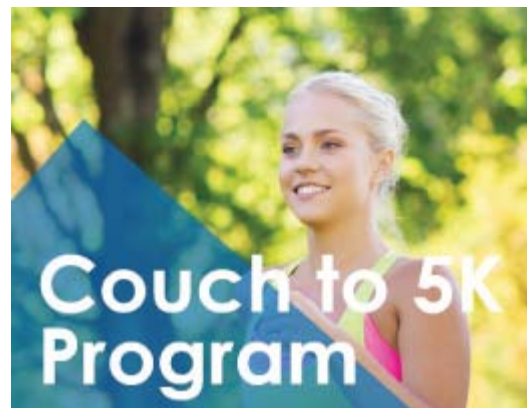
Come out and enjoy a bluegrass band, garden tours & great BBQ with all the trimmings!

11 a.m. - 2 p.m. / L'ville Campus
\$10 adults / \$5 kids under 12

[please RSVP](#)

More details below

Get up, and Go!



COUCH TO 5K

Want to run a 5K but don't know where to start?

Register for a FREE training program at Alexander Park from June 2 - August 7!

[register here](#)

More info under announcements.

S / MAY 21 - FAFSA Filing Workshop

Do you have Financial Aid questions? Is the FAFSA stressful and confusing? We are hosting a FAFSA Filing Workshop at the Lawrenceville campus from 10 a.m. - 2 p.m. in building 100, room 409. Let us help you through the process! Bring your 2015 taxes. For more information, please email the [Financial Aid Office](#) or call 678-226-6677.

S / MAY 21 - Special Olympic Volunteer Opportunity

GTC Student Life and Student Leadership Council officers are taking a group of volunteers to Emory University to help out with the Special Olympic State Summer Games!

TH / MAY 26 - Pig Roast

GTC students, staff, faculty, friends and family are all welcome to join us from 11 a.m. - 2 p.m. on the Lawrenceville campus for a Pig Roast hosted by our very own Culinary Arts and Horticulture students!

Event features Mars Hill Porch Pickers Bluegrass band and horticulture garden tours as well as in-house BBQ sauce, potato salad, calico baked beans, cabbage slaw, fruit lemonade and bake shop cookies for only \$10 per person/\$5 kids under 12. Cash only. [Please RSVP](#). Wristbands will be purchased on site that day near the gravel parking lot on Sugarloaf Pkwy.

F / MAY 27 - Boots to Books Memorial Dedication

Please join us in honoring our veterans! This special dedication event takes place on the Lawrenceville campus at 10 a.m. on the front lawn of building 100. Refreshments will be served. We'll be there rain or shine!

M / MAY 30 - Memorial Day Holiday

GTC campuses closed - enjoy your break!

M / MAY 30 - SVO Memorial Day Parade

Please join the Student Veterans Organization as they participate in the 23rd Annual Dacula Memorial Day Parade to honor America's fallen. All students and families are welcome! All participants are asked to meet in the parking lot of Hebron Baptist Church at 8:30 a.m. for instructions. (202 Hebron Church Road, Dacula, GA 30019) Light refreshments will be provided. Any patriotic clothing is welcomed. The parade starts at 10:00 a.m. If you have any questions, please contact [Brian Powell](#).

Future Dates

June 2 - Toastmasters Membership Drive/Ice Cream Social



HEALTHY TIP

Healthy Smoothie Tips

As the summer months are quickly approaching, many of us will begin to sip on smoothies as they are cool, refreshing and known to aid in weight-loss. Did you know that many grocery stores and quick-service chains generally offer smoothies that are on the upwards of 600 calories (about the same as a double cheeseburger)! Readers Digest states that "Done correctly, smoothies are nutrition powerhouses that can pump you full of healthy fruits and veggies. Done wrong, they can pad your waistline with excess sugar, fat, and artificial ingredients." Here are a few tips for you to create your own healthy smoothies at home without adding the pounds:

1. Use plenty of ice: adds thickness without the calories
2. Use nonfat dairy: nonfat yogurt or cottage cheese are great options
3. Use whole fruit: fresh or frozen works, but fruit juice is lacking fiber
4. Go green: spinach and kale are neutral tasting options when blended
5. Add omega-3s: a tablespoon of flaxseed meal is the best option
6. Add healthy unsaturated fats: half an avocado or tablespoon of nut butter
7. Make it naturally sweet without added sugar: honey, vanilla, cocoa powder

[Read full article](#)

[10 Summer Smoothie Recipes](#)

If there is a topic you would like to know about or a tip that you'd like to share with us, please email [Jamie Randolph](#) with your suggestions!

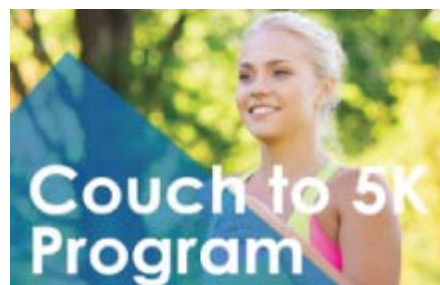
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ANNOUNCEMENTS!

Free Couch to 5K

Want to run a 5k, but don't know where to start? Receive

weekly, emailed workouts from running and sport psychology experts at Intrepid Performance Consulting! Plus, prepare with in-person training sessions which will include stretching exercises, proper running form instruction, walk/run workouts, sport psychology tips and more! Must [pre-register](#) (select Alexander Park under "location") by 6/1. Code: AXP37529 For more information call 770-822-8869.



LIFT UP Atlanta

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 to Dr. Penny Waddell's office in building 200, room 115.

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!](#)



MAGIC Camp

Mentoring A Girl In Construction (MAGIC), is a FREE one week summer day camp for high school age girls July 25 - July 29 at Gwinnett Technical College. (Current 8th Graders who are or will be 14 by June 1st may participate.) We only have 24 seats and they go fast! For more information and/or to register please contact [Renee Conner](#) or [Gail Edwards](#).

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](#).



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!

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.





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!

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](#).



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!



Cameron and Associates, Inc

Providing a Higher Quality of Service

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MUST SHOW CURRENT STUDENT/FACULTY ID TO RECEIVE DISCOUNTS.

[Click here for details](#)



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