



LAWRENCEVILLE | ALPHARETTA-NORTH FULTON

Student Life News & Events

June / 9 / 2017



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Let's Talk!

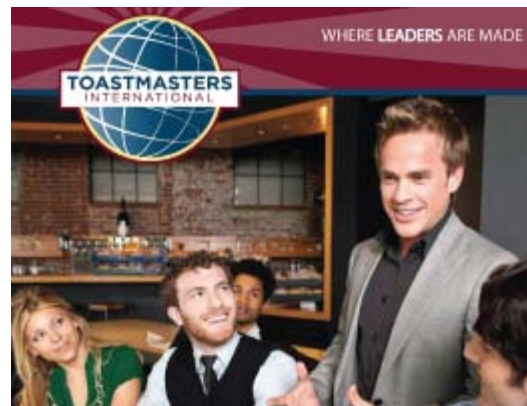


WEDNESDAY, JUNE 14

The best way to be fluent in English is to have real conversations. Join us in the Library to practice conversational English.

[Details Below.](#)

Toastmasters Meeting!



THURSDAY, JUNE 15

Improve your leadership and communication skills with Toastmasters.

Everyone is welcome to attend!

[Details Below.](#)

W / JUNE 14 - 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 15 - SkillsUSA Meeting

All State Competition SkillsUSA winners will meet from 12:30 p.m. - 1:30 p.m. in building 100, room 404 to prepare for the National Competitions. Competitors and Advisors are encouraged to attend. For more information contact [Penny Waddell](#).

TH / JUNE 15 - GTC Science Club Movie Night

Join us for the next GTC Science Club Movie Night! We will be watching the film Hidden Figures, so bring a light snack to share! We will meet from 5:00 p.m. - 7:00 p.m. in building 900, room 1.313. If you have any questions please email [Margaret Long](#) or [Saphronia Johnson](#).

TH / JUNE 15 - GTC Students' Toastmaster International Club

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

TH / JUNE 15 - Farm to Table

Gwinnett Technical College Culinary Arts will host the "Farm to Table Dinner 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. Dinner price will be \$30 and will be served at 6:30 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.

T / JUNE 20 - Women's Leadership Conference

Join us for a FREE Women's Leadership Conference with breakfast and lunch Tuesday, June 20th from 7:00 a.m. to 4:00 p.m. at the Cobb Galleria. Tickets are limited, so please [sign up here](#) only if you are sure you can attend. For more information on the conference [click here](#). Questions? Email [Morgan Taylor-Burns](#).

TH / JUNE 22 - Farm to Table

Gwinnett Technical College Culinary Arts will host the "Farm to Table Dinner 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. Dinner price will be \$30 and will be served at 6:30 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

July 4 - Independence Day



Brain-Boosting Dinner Recipes

Looking for a way to sharpen your brain power? The answer may actually be in what you eat! Adding omega-3-rich ingredients, such as oily fish, to your diet, as well as iron-rich foods, such as beans, and water-rich foods, such as leafy salad greens, can support healthy cognitive function. Try one of these tasty recipes provided by [eatingwell.com](#) for a brain-boosting meal!

Chicken Cordon Bleu Burger (4 servings) Ingredients

- 1/4 cup low-fat mayonnaise
- 1 teaspoon Dijon mustard
- 5 tablespoons finely chopped shallot
- 1 1/2 teaspoons finely chopped fresh thyme
- 1 pound of ground chicken
- 1/3 cup finely diced ham
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 4 slices of Swiss cheese
- 8 small slices of pumpernickel bread
- 12 large leaves of spinach

Instructions

1. Preheat grill to medium high
2. Combine mayonnaise, mustard, 1 tablespoon shallot and 1/2 teaspoon thyme in small bowl
3. Place the remaining shallot, remaining thyme, chicken, ham, salt and pepper in a medium bowl. Gently combine without over mixing. Form into 4 patties, about 3/4 inch thick.
4. Oil the grill rack. Grill the burgers 4 to 5 minutes per side. Top each burger with cheese and cook

until melted, 1 to 2 minutes.

5. Assemble the burgers on toasted bread with herb mayonnaise and spinach.

[To read about more brain-boosting recipes 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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Gwinnett Tourism Education Program



How successfully managing and coping with change can impact your life. Has your personal and professional life changed during the past ten years? The past month? Of course, it has. How we handle changes in communication, technology, job responsibilities, and relationships, just to name a few, impacts our personal and professional success. We must learn to cope with change! This highly interactive seminar will address these issues. The seminar will take place on Thursday, June 15th at 6500 Sugarloaf Parkway, Suite 200, Duluth, GA (Paul Duke Room 2nd Floor). Doors will open at 9:30 a.m. and the seminar will begin at 10 a.m. Dr. Mark L Newton will lead the discussion. [Click here to register!](#)



Rides to Remember

Children facing a battle with cancer need more than our hearts, they need our support. Rides to Remember helps those children who need it most and give them a chance to look beyond their daily battle, even if it's just for a moment or two. A ride in a Ferrari Maserati or other exotic vehicle, will be a memory they won't soon forget. It's a weekend of thrills for the children and a life-changing experience for the supporters. Join us, Saturday, June 10, 2017! If you want to volunteer at Rides to Remember [click here!](#) Questions? Email [Susan Arnold](#)



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!

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](#)

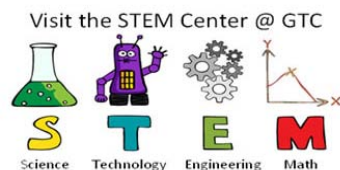


Georgia Cares

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 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!



Cameron and Associates, Inc

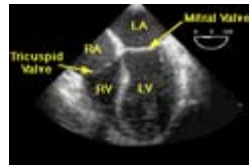
Providing a Higher Quality of Service

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GTC STUDENT PERKS!

MUST SHOW CURRENT STUDENT/FACULTY ID TO RECEIVE DISCOUNTS.

[Click here for details](#)



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CONTACT STUDENT LIFE

Rachel Mariano, Student Life Director
rmariano@gwinnetttech.edu
770-962-7580, ext.6341

Morgan Taylor-Burns, Student Life Specialist
mtaylor-burns@gwinnetttech.edu

770-962-7580, ext.6415

Chantelle Bailey, Student Life Assistant

cbailey@gwinnettech.edu

770-962-7580, ext.6419

Lawrenceville Campus . 5150 Sugarloaf Pkwy . Lawrenceville, GA 30043
Alpharetta-North Fulton Campus . 2875 Old Milton Parkway . Alpharetta, GA 30009