

GTC Student Life News & Events

July / 1 / 2016



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Celebrate!



4TH OF JULY HOLIDAY

Both campuses will be closed.
Saturday, July 2 - Monday, July 4

Enjoy your break!

Open Green Market



EVERY THURSDAY

Selling fresh vegetables, herbs & cut flowers!

12 - 2 p.m. / building 600
Lawrenceville Campus

SU / JUL 3 - Prelude to the 4th

Kick off your 4th of July holiday on July 3rd in downtown Lawrenceville with a one-of-a-kind celebration, PRELUDE to the 4th. Aurora Theatre will perform a Broadway musical, The Little Mermaid, to be followed by a dazzling fireworks display! This free event runs 7-10 p.m. on the Lawrenceville Lawn located at 210 Luckie Street, 30046.

M / JUL 4 - Campus Holiday

In honor of Independence Day, the campus will be closed. Be safe and enjoy your day off!

TH / JUL 7 - GTC's Open Green Market

Every Thursday, GTC will have an Open Green Market selling fresh vegetables, herbs and cut flowers! These are the freshest picked vegetables and fruits straight from our very own GTC Learn-in Farm. Just look for the tent in the courtyard area between building 600 and 100 from 12 - 2 p.m. Cash/check preferred. All proceeds are used to sustain our farm for continued student experience.

TH / JUL 7 - Culinary Farm to Table Lunch

Enjoy a delicious lunch made by our culinary students with the freshest possible ingredients from our

very own campus farm, as well as local and regional farmers and providers! The menu is prix-fixe, changing every week based on supplies. Since this is a special event series, we are unable to accommodate special dietary requests. Lunch will be served at 12:30 p.m. and costs \$15 per guest as local products incur higher costs. Meals are alcohol free and are part of the overall educational program of the culinary students. Seating is limited, so please [make your reservation](#) soon and include the date and how many are in your party. Future Farm to Table dates are listed below.

TH / JUL 7 - GTC Student's Toastmasters International Meeting

We invite all GTC students to join us as we work together to improve communication and leadership skills. We'll meet on the Lawrenceville campus at 6 p.m. in building 200, room 104. For more information, please contact the club advisor, [Dr. Penny Waddell](#).

Future Dates

July 14 - Culinary Farm to Table Lunch

July 19 - ANF Campus Quick Admit Event

July 21 - Culinary Farm to Table Dinner



HEALTHY TIP

Healthy Habits for a Hectic Life

Healthy and hectic just don't seem to mix well. How many times have we been too busy and hungry so we just binge on a drive thru cheeseburger instead of a more health-conscience meal?

Sometimes it seems so stressful to try and integrate healthy habits. On the contrary, *sparkpeople.com* states "if you make time for healthy habits, you'll find yourself with extra reserves of energy that will lower your stress and help you get through life's challenges." They provide simple suggestions to make healthy habits doable and part of your daily routine:

1. Choose water instead of sodas and coffee.
2. Replace high-sugar with low-sugar to avoid loss of energy.
3. Stock up on healthy, portable snacks like carrots, string cheese, nuts, yogurt, etc.
4. Spend 15 minutes planning healthy meals for the week to avoid take-out and fast food.
5. Purchase frozen, ready-to-cook ingredients.
6. Pack your lunch the night before.
7. Cook double batches and freeze for easy grab-n-go meals.
8. Use the 80/20 rule: eat healthy 80% of time, then allow yourself a break on remaining 20%.
9. Fit in exercise whenever you can - 30 minutes is recommended but anything will do.
10. Take a walk break during the day.
11. Walk instead of using elevator and park farther away from store entrances.
12. Sleep! Sufficient sleep makes you more effective during the day and less prone to illness.

[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 [Jamie Randolph](#) with your suggestions!

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ANNOUNCEMENTS!



Cash Assistance Program for Students Who Have Run Out of Funds

Students experiencing financial hardships may be eligible for tuition and childcare assistance provided by United Way's Financial Empowerment Program. Eligible students could receive up to \$1,205 in tuition and up to \$600 in child care! Students must be currently enrolled, in good academic standing, (minimum 2.0 GPA), and be 1-2 semesters from graduation/program completion. For assistance, please call Juan Wilson, Support Services



Coordinator (ANF) at 470-282-5453 or Lisa Richardson, Special Populations Coordinator (LAW) at 678-226-6691.

GTC Wins Gold at Nationals!

Our SkillsUSA team has returned from competing at the 2016 National Competition in Louisville, Kentucky. We had 10 amazing students compete and everyone represented GTC and Georgia very well. We are thrilled to have earned 4 National Conference Medals! Congrats to Lauren Pelletier, Gold in Health Occupations Professional Portfolio; Eric Skinner, Gold in Job Interview; Gisella Brust, Silver in Prepared Speech; and Omega Ruth, Silver in Photography.



Boots to Books Memorial Dedication

Thanks to everyone who came out to show support and reverence of the new Veterans Memorial. The custom-crafted memorial stands on the front lawn of the Lawrenceville campus just outside Building 100 that houses Gwinnett Tech's Office of Veterans Affairs. The centerpiece of the memorial is the bronzed boots and dog tag of Marine Sgt. John-Thomas (J.T.) Stokes, a recent graduate of Gwinnett Tech's Radiologic Technology program. The bronze piece sits on a granite pedestal carved with the inscription, "Honoring Veterans Past, Present and Future." [watch video](#)

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

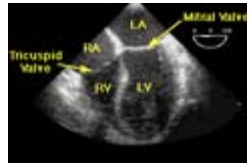
Providing a Higher Quality of Service

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GTC STUDENT PERKS!

MUST SHOW CURRENT STUDENT/FACULTY ID TO RECEIVE DISCOUNTS.

[Click here for details](#)



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CONTACT STUDENT LIFE

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