

# GTC Student Life News & Events

September / 15 / 2016



[Healthy Tip](#)  
[Announcements](#)  
[Student Perks](#)  
[Contact Student Life](#)

## Free Meditation Class



**THURSDAY, SEPTEMBER 15**

Student Life is hosting a FREE, instructor guided, meditation class as part of the new 360 Fun program! More details below.

## Cinema in the Stacks



**MONDAY, SEPTEMBER 19**

Join us in the Library as we view the feature film *Good Hair*. Popcorn and refreshments will be provided! More details below.

### **TH / SEP 15 - Free Meditation Class**

Need a break from homework, test, and quizzes? De-stress with a FREE meditation class at 12:00 p.m. on the Lawrenceville campus in the Student Life Center. Be sure to keep an eye out for our future 360 Fun Events sponsored by Student Life. Contact [Morgan Taylor-Burns](#) for more information.

### **TH / SEP 15 - Constitution Day**

Join us in celebrating Constitution Day 2016 on the Lawrenceville campus. Test your Constitution IQ with trivia and receive copies of the Preamble in the hallway in front of the Student Life Center from 10:00 - 10:45 a.m. and again from 5:15 - 6:00 p.m. Student Life will also show the feature film, *National Treasure*, in the Student Life Center from 3:00 - 5:00 p.m. We will have FREE popcorn and refreshments. Contact [Morgan Taylor-Burns](#) for more information.

### **F / SEP 16 - Take the QEP Challenge**

Do you like to play trivia? Do you like to win free prizes? If yes, GTC invites you to play along and take the QEP challenge! The QEP is a five year project at the college, and the focus will be enhancing 100% online courses for GTC students and helping students be as successful as possible in the online course environment. [Click here to answer this week's quiz questions about the QEP.](#) You will be asked to enter your name and email address when submitting your answers. Various

prizes are available each week. You will be contacted by the email you provide if you are a prize winner. Keep your eye out here on the Student Newsletter every Friday in the month of September and October for a new set of questions and chance to win! Questions about the QEP Challenge? Contact [Jessica Diedrich](#).

### M / SEP 19 - Cinema in the Stacks

Even the library takes a break from the books! Join us in building 100, room 402 on the Lawrenceville campus every Monday in September at 4:00 p.m., to view a feature film that is also available for checkout. This Monday we will be showing *Good Hair*. Contact [Amy Willard](#) if you have further questions.

### W / SEP 21 - AITP Meeting

Everyone is welcome to join the AITP meeting in building 700, room 2201 at 5:50 p.m. on the Lawrenceville campus. Pizza and refreshments will be provided. The Association for Information Technology Professionals is for anyone with an interest in the computer information systems field. For information please contact [John Thacher](#).

### TH / SEP 22 - Rotaract Meeting

Rotaract brings together college students to develop their leadership and professional skills, promote goodwill and understanding, and take action in their communities. Our Rotaract Kick-off meeting is from 12:00 - 1:00 p.m. in building 100, room 515 on the Lawrenceville campus. RSVP to [Brian Wren](#) by Tuesday, September 20th! For more information on Rotaract, check out our [website](#).

### TH / SEP 22 - 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.

### F / SEP 23 - Gwinnett County Government Career Expo

Explore your next career move with Gwinnett County Government! Are you starting your career or considering a career change? Your next opportunity may be with Gwinnett County Government! Come to the 2016 Career Expo from 9:00 a.m. - 3:00 p.m. at the Gwinnett Justice and Administration Center, 75 Langley Drive in Lawrenceville. Meet face-to-face with department representatives and learn how you can begin your career here. The County offers rewarding job opportunities in many areas, including information technology, accounting and finance, administrative and clerical, protective services, engineering, project management, and technical and field services. Vacancies are currently listed online so [click here](#) to apply today! If you need assistance or would like to inquire about a position or your application status, please contact the [Gwinnett County HR Department](#) or call (770) 822-7915.

### M / SEP 26 - Cinema in the Stacks

Even the library takes a break from the books! Join us in building 100, room 402 on the Lawrenceville campus every Monday in September at 4:00 p.m., to view a feature film that is also available for checkout. This Monday will be showing *Remember the Titans*. Contact [Amy Willard](#) if you have further questions.

### TH / OCT 6 - GTC Student's Toastmasters Club (LAW campus)

Are you looking for a club to help you improve your communication and leadership skills? Please join us for our next club meeting! We have two meeting locations and you are welcome to attend the one that works best for your time schedule! Every 1st and 3rd Thursday GTC Student's Toastmasters will have a meeting on the Lawrenceville campus in building 200, room 104 from 6:00 - 7:00 p.m. The next meeting will be Thursday, October 6, 2016. Question? Contact [Dr. Penny Waddell](#).

### TH / OCT 6 - GTC Student's Toastmasters Club (ANF campus)

Are you looking for a club to help you improve your communication and leadership skills? Please join us for our next club meeting! We have two meeting locations and you are welcome to attend the one that works best for your time schedule! GTC Student's Toastmasters will have a meeting on the Alpharetta North Fulton campus in room 236 from 1:00 - 2:00 p.m. The next meeting will be Thursday, October 6, 2016. Question? Contact [Mr. Nifong](#).

## Future Dates

October 8 - ADN Club (GTCANS) hosting a blood pressure screening  
October 21 - Gwinnett Great Day of Service



## HEALTHY TIP

### Healthy Sugar Alternatives

Are you looking for ways to satisfy your sweet tooth without going over your daily intake? Refined sugar tends to lack vitamins, minerals, and fiber which makes it hard to digest. Thankfully, there are alternative sweeteners we can choose from that contains enzymes and proteins that create a healthier option. *1mhealthtips.com* gives us 7 healthy sugar alternatives to include in our everyday diet:

1. Raw Honey
2. Maple Syrup
3. Stevia
4. Banana Puree
5. Blackstrap Molasses

[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!

[back to events](#)

## ANNOUNCEMENTS!

### Woodlands Garden Fall Plant Sale

Sundays this fall will be a chance for you to add to your own garden with Woodlands Garden's Fall Plant Sale. The fundraiser allows visitors to enjoy some shopping while helping out their local community. The sale will run every Sunday from September 11 to October 23 from 12:30 - 4:30 p.m. and will include plants that have been grown by volunteers, cultivated at the Garden and donated by local nurseries. This year's Fall Plant Sale will have the most diverse selection of plants that the volunteer-led Plant Sale Committee has been able to offer, including trees, shrubs, perennials, and groundcovers. The Fall Plant Sale Kickoff SALE-ibration on September 11, will include tours of Woodlands, guided talks led by local plant enthusiasts and activities for youth. All proceeds from the sale will go to preserving Woodlands Garden. For more information, contact Baltzell at (404) 373 - 2222 or visit our [website](#) .



### 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.



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**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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[back to events](#)

**GTC STUDENT PERKS!**

MUST SHOW CURRENT STUDENT/FACULTY ID TO RECEIVE DISCOUNTS.

[Click here for details](#)





[back to events](#)

## CONTACT STUDENT LIFE

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