

# GTC Student Life News & Events

September / 23 / 2016



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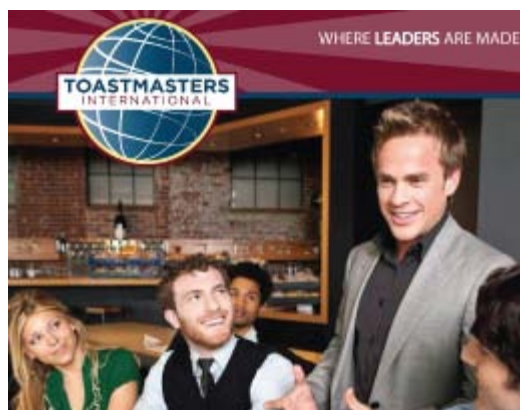
## Wellness Wednesday



**WEDNESDAY, SEPTEMBER 28**

Student Veterans Organizations will host a chance to find out about community resources available to veterans! More details below.

## GTC Student's Toastmasters



**THURSDAY, OCTOBER 6**

GTC Student's Toastmasters will now hold meetings on both the Lawrenceville and Alpharetta North Fulton campus! More details below.

## F / SEP 23 - 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](#).

## 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.

### [S / SEP 24 - Future Cardiovascular Technology Club](#)

The Future Cardiovascular Technology Club will be participating in the Atlanta Heart Walk at Centennial Park at 8:30 a.m. Anyone can sign up [here](#). Also, thank you all who participated in our bake sale on September 15th, we were able to raise \$215.59, all of which will be donated to the American Heart Association. For more information contact [Niquanna Robinson](#).

### [M / SEP 26 - Hospitality Student Association Ice Cream Social](#)

The Hospitality Student Association will host an ice cream social in the lobby of the 700 building on the Lawrenceville campus from 1:00 - 2:00 p.m. Come eat a cool treat and mingle with hospitality and culinary students! Contact [Akua Washington](#) if you have further questions.

### [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.

### [W / SEP 28 - Wellness Wednesday](#)

The Office of Veteran Affairs at Gwinnett Technical College invites all student veterans to attend our monthly Wellness Wednesday event from 11:30 a.m. - 1:00 p.m. in front of the Student Life Center located in building 100 on the Lawrenceville campus. Each month, a representative from various community resources will be on campus to discuss services available to veterans. This month's special guest is Mr. Edward Robbins, Veterans Outreach Specialist of the Lawrenceville Vet Center which provides free adjustment counseling and outreach services to all veterans who served in any combat zone. For questions, please contact [Brian Powell](#).

### [TH / SEP 29 - 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 / 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](#).

### [S / OCT 8 - ADN Club \(GTCANS\) Blood Pressure Screening](#)

The ADN Club (GTC Association of Nursing Student) will be doing blood pressure screening at Lilburn Daze. They will be located in the Health Tent from 9:00 a.m. - 4:30 p.m. Be sure to swing by and get your blood pressure screened! If you have any questions, please contact [Laura Hart](#).

### [T-TH / OCT 11-13 - Horticulture Hosting Fall Plant Sale](#)

Horticulture will be hosting our annual Fall Plant Sale on October 11 through October 13 from 9:00 a.m. - 4:00 p.m. at the Gwinnett Tech Greenhouse, building 600 on the Lawrenceville campus. We will have fall vegetables for sale as well as perennials, annuals, and trees and shrubs! If you have any

questions please contact [Jean Harrison](#) or call 678-226-6298.

## Future Dates

October 19 - Shifting Into Gear  
October 19 - AITP Meeting  
October 20 - ISA Meeting  
October 21 - Gwinnett Great Day of Service



## HEALTHY TIP

### 6 Powerful Health Benefits of Laughter

Laughter can truly be the best medicine. Hearing the sound of roaring laughter can be more contagious than a sneeze, cough, or sniffle. Laughter can trigger healthy physical changes in your body. *Huffingtonpost.com* describes the 6 powerful health benefits of laughter:

1. Relieve Stress
2. Reduce Blood Pressure
3. Stimulate Your Mind
4. Great Workout

[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!

### GTC Student's Toastmasters Club Community Service Project

GTC Student's Toastmaster is hosting a community service project. Please bring in canned and dry food items to benefit people in Gwinnett County who need food. There are collection bins in the Student Life Center in building 100 and also in the lobby area of building 200 on the Lawrenceville campus. Items may also be delivered to [Dr. Waddell](#) in building 200, room 115.



### 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 accept 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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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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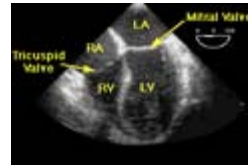
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**GTC STUDENT PERKS!**

MUST SHOW CURRENT STUDENT/FACULTY ID TO RECEIVE DISCOUNTS.

[Click here for details](#)





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## CONTACT STUDENT LIFE

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