

GTC Student Life News & Events

March / 18 / 2016



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

Movie, Pizza & Popcorn!



THURSDAY, APR 7

Free movie showing on campus!

[watch trailer](#)

L'ville Campus / Building 700 / 11:30 a.m.

More details below.

Free Salsa Lessons!



THURSDAY, APR 7

Get movin' with the Multicultural Club!
Pizza and drinks provided.

ANF Campus / Front Lobby / 1-2:30 p.m.

More details below.

TU / MAR 29- Networking Lunch at ANF Campus

Atlanta North Fulton students are welcome to join us for a Networking Lunch from 11:30 a.m. - 12:45 p.m. in the main lobby. It will be fun! Stop by, grab some pizza and learn more about Student Life and how you can get involved! Please feel free to contact [Hayley Martin](#) with any questions.

TH / MAR 31 - Annual Community Resource Fair

Representatives from local community assistance organizations will be present to provide free resources, referrals, and information. Counseling Services, Disability Programs, Food Distribution Programs, Financial Counseling Programs, Career Counseling, Utilities Assistance Programs, Health Services, Housing Programs, Medical Services, Rental Assistance Programs, Resources/Referral Programs. The Annual Resource Fair, hosted by the Office of Veterans Affairs and Special Populations Services, is open to all students and there is no charge to attend this event. The fair will be held from 10 - 2 p.m. on the Lawrenceville campus in the Banquet Hall of building 700. For any additional questions, please contact [Brian Powell](#).

TH / APR 7 - American Made Movie

Gwinnett Tech is featuring a wonderfully made film about the positive impact of domestic manufacturing jobs on our national and local economies. *American Made Movie* is rated G and is acceptable for all audiences. The showing will be held in the Busbee Center's Cisco Auditorium located on the main floor of Building 700 on Gwinnett Tech's Lawrenceville Campus. Pizza and popcorn will be offered starting at 11:30 a.m. At noon local businessman and American Made champion Clyde Strickland will offer an inspiring kick-off message, followed by the movie showing at 12:10 p.m. The movie duration is 1 hour and 20 minutes. No RSVP is required.

[TH / APR 7 - Salsa Lessons at ANF Campus](#)

The GTC Multicultural Club welcomes you to join us for salsa dancing with Kathy Casper from "All About Ballroom"! We'll meet at the Alpharetta North Fulton Campus from 1 – 2:30 p.m. in the front lobby. Pizza and drinks will be provided. This is an event that you don't want to miss! For more information, please contact [Yvette Williams](#) or [Lakshmi Ramachandran](#).

[TH / APR 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 will meet at 6 p.m. in building 200, room 104. If you have questions, please contact [Dr. Penny Waddell](#).

Future Dates

- April 14 - ScienceWorks! Event (*new date*)
- April 16 - 2nd Annual GearHeadz Car Show
- April 21 - GTC Student's Toastmasters International Meeting
- April 21 - ISSA Meeting
- April 21 - Science Club Meeting



Healthy Goal Setting

Many of us can easily set a fitness goal, but often it's the follow through that is difficult. SparkPeople.com has a helpful article on the do's and don'ts of goal setting in reference to fitness and health. The 9 steps to help you achieve your goal are:

1. Do create a plan. Don't wait for "someday" to roll around.
2. Do start small. Don't focus on too many things at once.
3. Do write it down. Don't forget to give yourself a deadline.
4. Do be specific. Don't deal in absolutes.
5. Do leave room for failure. Don't expect perfection.
6. Do track your progress. Don't fool yourself into failure.
7. Do reward your success. Don't beat yourself up over failure.
8. Do find a support system. Don't try to do it alone.
9. Do make a commitment. Don't ever forget that you can do it.

[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 jrandolph@gwinnettech.edu with your suggestions!

[back to events](#)



GTC Rocks

Our SkillsUSA team rocked the house at the State Competition in Atlanta last weekend. We brought home a total of 10 gold medals, 9

silver medals and 4 bronze medals! Best of luck to all the gold winners who will now represent GTC and Georgia at Nationals!

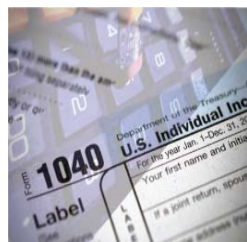


Student Veterans Organization's Food Drive

We are collecting non-perishable food donations to benefit the NE Georgia Homeless Veterans Shelter during March. Items needed are: rice and pasta mixes (like Rice-a-roni, Pasta-roni), snacks, energy bars, cookies, cereal, oatmeal, peanut butter, jelly, canned meats (like tuna, chicken, and salmon), canned soups. Please bring donations to any of these locations on the Lawrenceville campus: Office of Veterans Affairs (bldg 100, rm 323), Office of Student Affairs (bldg 100, rm 807), Automotive Technology (bldg 300, rm 108). Questions? Contact: [Brian Powell](#).

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](#).



AARP Offers Tax Assistance

The volunteers with AARP Foundation Tax-Aide will offer free tax assistance and preparation for community members now until Monday, April 18, 2016 on the second floor of the Busbee Center, building 700 on the Lawrenceville Campus. No appointment is necessary, as clients will be seen on a first come, first served basis between 1 - 4 p.m. Monday through Thursday and from 11 a.m. - 2 p.m. on Friday. There is no charge for this assistance and you do not have to be an AARP member. For more information on documents needed and about the program, [Click Here](#).

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.



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!

You Shop. Amazon Gives Back to GTC!

[Smile.Amazon.com](#) 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! Win-;Win!! If you have further questions, please contact [Darcie Johnson](#).



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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!



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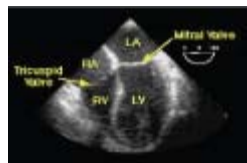
[back to events](#)



MUST SHOW CURRENT STUDENT/FACULTY ID TO RECEIVE DISCOUNTS.

[Click here for details](#)





[back to events](#)

CONTACT STUDENT LIFE

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