

"YOU MUST BE THE CHANGE YOU WISHTO SEE IN THE WORLD." - GANDHI

VOL. 1\_ISSUE 3 · OCT 12 2020

# THE GALEN TIMES



## Be a part of our virtual social lounge

BY SEMRAIN PADWANI

COVID-19 has caused many changes for us all and we understand how overwhelming this semester has been so far. For this reason we would love to make your virtual experience at Galen more engaging. We introduce to you, A **Virtual Social Lounge** on WhatsApp. Through this, you can interact with other fellow eagles and with the SGA. You can join the social lounge by clicking on the link sent to your Galen email or you can click on the link on our Instagram bio. We hope to hear from you on our Virtual Social Lounge!



## In this issue:

Virtual Social Lounge  
PAGE 01

All about Mental Health  
PAGE 02

Pan American Day  
Remembrance  
PAGE 03

10 Tips for test/ exam  
taking  
PAGE 04

Student Testimonials  
PAGE 05 & 06

Announcements, Events,  
and Updates  
PAGE 07



# All About Mental Health



Aimee Jex, M.Sc, Galen University adjunct lecturer, professional counselor and current president of the Mental Health Association discussed some aspects of mental health and World Mental Health Day. The theme for this year is “Mental Health for all--greater investment, greater access: everyone, everywhere.” We recognize World Mental Health day to raise awareness of mental health concerns and services and to challenge the stigma around mental health. People sometimes refuse to get attention surrounding mental health concerns because they do not want to be labelled “crazy” or “insane.” Quite often, people associate mental health with diagnoses including anxiety, schizophrenia or depression, and they fail to realize that mental health is an aspect of overall wellness. We know that even when people do not meet the criteria for a mental health disorder, they can experience mental health concerns. Community-wide concerns that affect most of us such as

violence, abuse, and substance use are also mental health concerns. Being able to identify needs and provide resources is integral to a community, and this also applies to mental health concerns. To address mental health concerns, people can get help from several sources. The Ministry of Health offers counselors, psychiatrists, and psychiatric nurse practitioners. The Ministry of Education has school counselors and the National Resource Center for Inclusive Education (NaRCIE). The Ministry of Human Development offers social workers who will help you to get in touch with services needed as well as counselors. Government workers can access mental health services through the Employee Assistance Program in the Ministry of Public Service. Apart from government services, there are professionals offering counseling and other mental health services in private practice. Some information can be found at <https://www.mindhealthconnect.com>, another Belizean NGO focused on raising awareness for treating mental health illnesses. For more than ten years, the Mental Health Association has engaged the community to raise awareness on World Mental Health Day along with governmental and non-governmental partners. Last year, activities included their annual fundraising banquet and high school speech competition as well as a tertiary level ad competition for students to submit commercials around the theme of suicide prevention and a Sleep-It-Out event to raise awareness of mental health among the homeless population. They have previously raised awareness through t-shirt campaigns and conferences for professionals and the general public. This year, the Mental Health Association decided to hold a telethon to maximize awareness while respecting current protocols. Based on this year’s theme, they are highlighting that the more we invest in mental health, the more people will have resources for mental health. If you would like to contribute or find out more about the telethon and the work of the Mental Health Association, you can go to <http://www.mentalhealthassociation.bz/mental-health-association-home/> or look for Welcome Resource Center on Facebook.



# Pan American Day

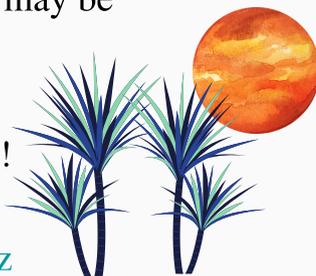


Pan- American Day, the celebration of all Cultures. Known as the Melting Pot of Cultures, Belize is diverse in unique and interesting cultures. Culture is what makes us who we are, our behaviour, norms, and actions are all determined by our culture. Let us take this time to celebrate this wonderful National Holiday with our families. Let us cook our favourite cultural dish(es) and appreciate the unique and distinctive culture that we are a part of.

The above picture is a throwback of Traditional Day at Galen's campus. Send us a picture of you (at the below email) in your cultural outfits, and it may be featured in the next issue.

Include your friends! We would love to see!

[mmanzur@galen.edu.bz](mailto:mmanzur@galen.edu.bz)



# 10 tips for Test/Exam Taking

We are already in Mid semester, test and exams are among us, below are some helpful tips on getting through with exams/ tests.

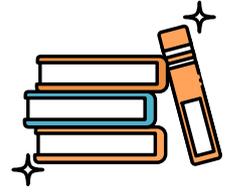
- Read over questions before beginning
- Take your time



- Never overwork yourself
- Get enough sleep
- Highlight important notes
- Make study guides
- Go with a positive attitude and mindset
- Go approach the exam with a can do attitude
- Focus on what you do know first, then continue to sections that you are unsure about
- Take a deep breath when you get stuck



# STUDENT TESTIMONIALS



*By Current Galen Eagles*



*By Myron Pollard*

"I never in a million years thought I'd actually like doing school work but after enrolling into Galen University my perspective has drastically changed. Summer semester was probably my most memorable one as I took one of the most terrifying courses being Calculus. All my friends came back early from college because of the pandemic and it hadn't hit Belize as hard yet so we were having the time of our lives but of course, Mr. Glenn's assignments every week was no joke. I spent many nights that turned into mornings trying to complete those, not to mention I took 3 other courses and one of them was on Saturday 9 AM. I'd never miss a get-together, party, or road trip, but trust me in the corner you could see my computer screen on with 20 million folder sheets and graph papers ready to go, before and after I've had my drinks. Oddly enough, it gave me the most productive feeling ever, to be out, but to also take care of my responsibilities, I never saw any of my international college friends do any work at all but there I was grinding with the music in the back ever so loudly. I have learned a lot since enrolling into this institution and I have especially fallen into a deeper love with my major which is Economics. I have met a lot of new people and made many important relationships with others since attending Galen. I miss the Cayo campus ambiance and the jokes of being a student athlete and listening for Bernie Tarr to yell your name from his new office (which you must pass so you most definitely cannot avoid him). I am almost at the end of my short time at the University but I can truly say attending this institution will always be one of the best decisions I have ever made."



### By Jenelli Fraser

"I am honored to be a part of the Galen family. I was blessed with a scholarship from the university to pursue my Bachelors degree in Criminal Justice. I am now in my last semester, and since, my experiences have been sincerely positive. While I was first skeptical about how I would engage in my learning experience from a school that was not in my district (Belize District), I am pleased to say that it has been smooth sailing. The staff, especially Ms. Deborah Neal, from the Registrar's office, has been extremely accommodating and committed. Galen University has also provided advanced technological approaches to teach online courses with some of the best qualified lecturers. The online option has been beneficial due to my sometimes hectic schedule, and proven to be an imperative option for working professionals. I encourage everyone who is on the fence about choosing a local university to choose Galen. Besides gaining an outstanding academic degree, you will make lifelong friends and connections needed in the career world. I will forever be grateful for this golden educational upliftment. I will continue to soar high as a Galen Eagle ☐"

### By Heidi Canales

"I have spent three wonderful years at Galen University, and next year makes it my last year! My experience has been an amazing one where I have met great people along my journey in which I am grateful because I have learned a lot from them. After graduating from high school, Galen University was never one of the options on my list but, great things come along your pathway that makes a change in your life. Attending Galen was one of the best things that happened in my life because at Galen, you are allowed to make your goals successful."



# Events



**GALEN UNIVERSITY**



**JOIN THE  
GALEN VIRTUAL  
SOCIAL LOUNGE**

**How to join?**

Click on the WhatsApp link

- Sent to your Galen email
- Or on our Instagram bio

Follow us:



galen\_university\_sga  
STUDENT GOVERNMENT ASSOCIATION

sga@galen.edu.bz

## Important Dates:



- October 1st - 31st: Spring Internship Application Period
- Oct 12th - 17th: Midterm Exams
- Oct 12th: Pan American Day (National Holiday)
- Oct 17th: First 7 week period ends
- Oct 17th: Last day to drop a class with 'W' with financial penalty
- Oct 19th: Second 7 week period begins
- Oct 19th: Withdraw period with 'WP' / 'WF' begins
- Oct 23rd: Class schedule for 2020-2 spring semester is posted on Gateway

