

"The beautiful thing about learning is that no one can take it away from you" - BB King

THE GALEN TIMES

—Galen University—

—Fall 2020—

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IN THIS ISSUE:

SEPTEMBER 10TH
CELEBRATION

STUDY TIPS

A BEGINNERS GUIDE:
APA STYLE

FUN FACTS ABOUT
GALEN

STUDENT'S
TESTIMONIAL

IMPORTANT DATES

EVENTS

WELCOME EAGLES!

Welcome to a new semester Eagles. It is with open arms and warm greetings that the Galen Family welcomes the new Eagles. We are excited and eager to know, interact and work alongside you throughout your journey here at Galen University. We hope your transition to the University life is both fun and meaningful where great memories are made.

Can you believe it's already September?



Study Tips

Below are some study tips & tricks to aid in a smoother university journey:

- Plan out your day by setting reminders
- Get inspired to be productive
- Prioritize your work
- Check your email/moodle for updates
- Break down task into steps
- Limit distractions
- Avoid multitasking and focus on your assessment
- Include breaks to refresh your mind
- Set time limit for each task
- Sleep well

OVER COMING ADVERSITY , CREATING OPPORTUNITY BELIZEANS: UNITE FOR PROSPERITY!

On September 10th, we celebrate the Battle of St. George's Caye. This is the time of the year when Belize dresses with its patriotic colours: red, white, and blue. The September celebrations are already upon us, and although we were not able to celebrate as we traditionally do, there was no reason why we are not able to celebrate in the comforts of our own home. We take this time to refresh and appreciate our memories of our past September celebrations while creating new traditions and memories that may be just as meaningful.

Tell us or send a picture of how you celebrate your 21st of September at mmanzur@galen.edu.bz for a chance to be featured in the next issue.



A Beginners Guide: APA Style

American Psychological Association (APA) is used for many academic writings. It is important to reference each article accurately to give recognition to the original author(s) as well as enabling readers to locate a specific text. Referencing is vitally and morally important, in any form of writing style as it is unethical and illegal to use another author's words.

Basic rules to APA Style

- Cover page should include: title of the paper, your name, and school affiliation
- Times New Roman font, size 12
- Include running head
- Add page number
- Double Space
- Indent new paragraphs
- "References" should be centered, bold and on a separate page
- References should be alphabetical
- Hanging indentation for references

FUN FACTS ABOUT GALEN

- Founded in September 2003 - Galen is only 17 years old! (Actually completing 17 this month!)
- Established as Belize's first independent university
- The university offers study abroad programs
- The mascot is The Harpy Eagle
- Use to be a hardware store/ residence
- The owners once resided upstairs
- Downstairs was the hardware store
- Giant polka dots once covered the exterior walls of the building



Eagle's Testimonial

"The learning experience I have received from Galen University has been excellent. The best part is the mixture between the interactive atmosphere and the high quality of education. I appreciate both the encouragement and guidance the lectures have offered me. I anticipate my journey to be just as delightful as I continue to achieve my Bachelor's Degree."

- Gissellie Pinelo

"The online learning at Galen University has exceeded my expectations. My online courses have been very interactive despite not having face-to-face interaction, and have been convenient for my schedule while working a full-time job."

- Stephanie Arce

"My journey at Galen University has been one of excitement as the environment of the institution is very loving and supportive. The lecturers are always willing and ready to help in whatever they can. The feeling is more of a family than being at an educational institution. If you are looking for high-quality education and having a family at the same time, you should consider Galen University as your choice to acquire a higher level of education."

- Japheth Chavarria

"I'm sure that every student has gotten different experiences at Galen. I have learned a lot from the teachers throughout my journey. I especially like that I've been taught by persons who actually work in the field."

- Jessica Perez

Send us your testimonials at mmanzur@galen.edu.bz and it may be featured in the next issue.

IMPORTANT DATES

Below are Galen's important dates for the month of September (Week 3 & 4)

Week 3

- September 15th- Last day to drop a class **without financial penalty.**
- September 16th- Withdraw Period Begins. First day to withdraw from a class with 'W' (withdrew) **with financial penalty.**

Week 4

- September 21st- Public and Bank Holiday



EVENTS:

VIRTUAL SCAVENGER HUNT



OPENS

September 14, 2020

CLOSES

September 18, 2020

PRIZES!

1st Place

\$30 Gift Certificate to A&R

2nd Place

\$20 Gift Certificate to A&R

3rd Place

\$10 Phone Credit

*Details on how
to participate available
in your Galen email*



Office of Student Affairs

www.galen.edu.bz



EVENTS:

PATRIOTIC COMPETITION

**SHOW YOUR PATRIOTISM
WITH YOUR CREATIVITY
BASED ON THE THEME THIS
YEAR:**

**“Overcoming Adversity, Celebrating
Opportunity, Belizeans: Unite
for Prosperity!”**

PRIZES

1st Place

\$25 dollars phone credit

2nd Place

\$15 dollars phone credit

3rd Place

\$10 dollars phone credit

The criteria for this competition will be attached on your Galen email

**DEADLINE
FOR SUBMISSIONS**

SEPTEMBER 24, 2020



sga@galen.edu.bz

[galen_university_sga](https://www.instagram.com/galen_university_sga)



EVENTS:



**TIME
MANAGEMENT
WORKSHOP**

MANAGING TIME FOR SUCCESS!

**FRIDAY
SEPTEMBER 25, 2020
AT 10:00 AM**

Make sure to have your syllabus with you!
Learn how to effectively manage your academics to be successful inside and outside of the classroom.



***A virtual link will be sent to your Galen emails.**

Office of Student Affairs
www.galen.edu.bz



EVENTS:

Save The Date
SEPTEMBER 24, 2020

**ENGAGING MEN AND BOYS TO
ADVANCE GENDER EQUALITY**

United Nations General Assembly
Virtual Side Event

**9:00AM - 11:00AM
(CST)**

HOSTED BY:
SCLAN
SPOUSES OF CARICOM LEADERS ACTION NETWORK

THE UNITED NATIONS
GENERAL ASSEMBLY
WILL BE HELD
SEPTEMBER 15-30, 2020

Special Envoy for Women & Children | Spotlight Initiative | European Union | United Nations | Sustainable Development Goals | Gender Equality | CARICOM