

THE GALEN TIMES

*"Every student can learn, just not the same day,
nor the same way." - George Evans*



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THE FUTURE IS YOURS

You are capable of more than you think, stronger than what you believe, and smarter than you know. In the end, you are your biggest motivator and if you put your mind to it, you can achieve great things. Though we must remember that great things also take time, require patience, and maybe even a little critic. Sometimes we may fall victim to our critics, but that is how we learn and move forward. In the words of the famous Sylvester Stallone "If you don't have a mountain, build one and then climb it. And after you climb it, build another one; otherwise, you start to flatline in your life."



FINALS WEEK OF FALL SEMESTER

As we have near two weeks remaining for the ending of the Fall semester, it is important that we take this time to reflect and appreciate all that we have learned and the skills we have acquired. Remember the hard work and dedication you have placed in the semester and know that the reward will be just as great. This is the time that we should put great efforts into completing all our assessments as we all know "every point counts". For all those new Eagles, you have a long road ahead of you but do not let that discourage you, these are the best times of our lives. For those who are completing their degree, we wish you all the best in your future endeavors, and we hope that you enjoyed every bit of what Galen has to offer. Thinking back on our experiences, there is something so timeless about the times and friendships we shared as Galen Eagles. Also, as the holidays approach, it is essential that we do not lose track of the situation we all are experiencing together. Remember to stay safe and hopeful that we, one day will all be okay.

"Every task, goal, race, and year comes to an end...therefore, make it a habit to always finish strong." - Gary Ryan Blair

THE END IS JUST THE BEGINNING

Congratulations to our graduating Eagles! We wish you the absolute best in your future ventures. Galen has had the privilege of being a part of your journey in life. We are very proud that you have accomplished this huge milestone. We know that the journey in completing any degree comes with many challenges, but the fact that you have overcome obstacles show how determined and motivated you are to achieving your goals and dreams.

We would like to formally invite everyone to tune in to our virtual Graduation Ceremony, streamed live on Galen University Facebook page and LoveTV on **Sunday, December 20th, 2020 at 10:00 am.**

Once again, Congratulations graduates. You are a true mentor and inspiration to those who follow in your footsteps. You are also a representation of what Galen is about. Spread your wings and soar high Galen Eagles!

#ForeverAnEagle



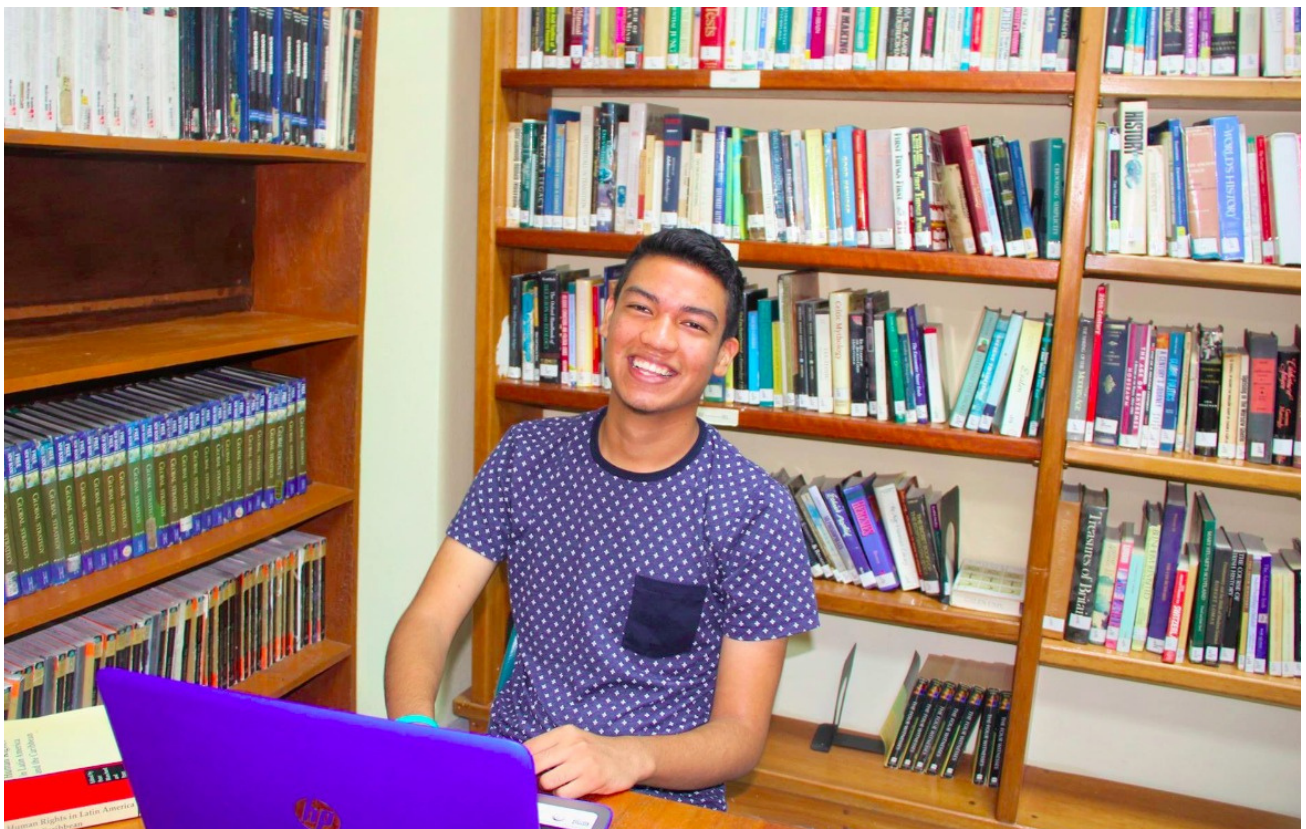
"The future belongs to those who believe in the beauty of their dreams" -Elenor Roosevelt

2020

TIPS AND TRICKS FOR SELF - CARE

Although it is important to get good grades, it is also vital for you to focus on yourself. The stress, worrying, and sleepless nights that are associated with school are temporary. Our mental health is one of the most significant aspects of our lives that we must take care of. Above everything else, our mental health plays the biggest role in how we function and carry ourselves. We hope that with these tips and tricks you are able to further nurture your mental health a bit more:

- Take a break between studying
- Get the required 8 hours of sleep
- Take time to exercise and be active
- Don't try to cram everything for an exam in one night
- Eat healthy
- Limit caffeine intake
- Try meditation
- Listen to your favorite playlist
- Think positively and be optimistic
- Make a list of goals you wish to achieve
- Talk to a friend or someone you trust
- Remember it is okay to cry, we all do this, it helps.



Events:



BELIZE WILDLIFE & REFERRAL CLINIC
A Wildlife Rescue & Teaching Clinic

1st VIRTUAL BWRC GALA FALL FUNDRAISER

FACEBOOK LIVE

DATE: **28TH NOV 2020** TIME: **1:00 - 5:00**

f LIVE

- **Costume Contest**
Get a chance to WIN prizes by joining our costume contest in the following categories!

PANDEMIC
HALLOWEEN
SOMETHING WILD
RECYCLED

Start submitting your videos & pictures now. **\$25 per entry**
bwwildlifeclinic@gmail.com
- **Tour of facility**
view BWRC's facility live with the team & hear some stories.
- **Auctions**
Live Auctions will be happening at BWRC, stay tune on facebook & Instagram to learn more.
- **Raffle**
- **TikTok Competition**

SIGN UP NOW!



Annual Fundraiser for Rhythm of Change Belize, a non-profit that shares yoga and mindfulness with Belizean communities country-wide



BELIZE INTERNATIONAL YOGA FESTIVAL

2020 | Community Revolution - Yoga Evolution

"Breathe. In stillness, all conflict must end"

The Belize National Forensic Science Service in conjunction with the University of Ottawa present

THE 2ND ANNUAL BELIZE FORENSIC SCIENCE SYMPOSIUM (ONLINE EVENT)

2020



"A Strategy for Adapting to Change: Aiming for Quality in a Time of Uncertainty"

16th December

0800 hrs – 1515 hrs CST

Events:



**THE IMPACT OF GLOBALIZATION
ON THE GARIFUNA CULTURE**

MODERATED BY RASHEED H. PALACIO

JAMALL SWASO
EMILIO THOMAS
RASHEED H. PALACIO

NOVEMBER 26, 2020 • LIVE AT 7:30 PM (BELIZE)
HERITAGE EDUCATION NETWORK BELIZE

HERITAGE EDUCATION NETWORK

Important Dates:

- **November 28th-** Last day of 2020-1 Fall Semester Classes
- **November 30th-** Deadline to submit completed Graduation Application Form
- **November 30th-December 5th-** End of 2020-1 Fall semester final exams (online)
- **December 5th-** 2020-1 Fall Semester Ends
- **December 7th-** Students' Christmas Vacation begins
- **December 18th-** 2020-1 Fall Semester Grade reports distributed
- **January 11th, 2021-** First day of 2020-2 Spring classes

Follow us on our social media: Galen University

