



# THE GALEN TIMES

**"DO OR DO NOT. THERE IS NO TRY." - YODA, FROM STARWARS**

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## WHY YOU SHOULD ACTIVELY PARTICIPATE IN CLASS:

Participation, in general, is an essential aspect of any success story in university and life. This vital skill is necessary for building up confidence and ranking in those points in class. haha. No, but serious! Don't be scared in speaking your mind, once it is respectfully given. The feedback you will receive will not only be beneficial, but also encouraging, as it aids in open-mindedness.

This form of communication will also engage and encourage other students to speak up. Have you ever heard "Don't be scared to ask? Other students may be just as confused as you?" Get your answers and clarity on your questions. Your active participation will be appreciated by teachers and peers. So, feel free to always engage in class.





## INFORMATIVE ARTICLE FROM THE PROFESSOR, SHERRY GIBBS: F.A.S.T CLUBS AT GALEN.

Do you know that Galen University has some active clubs? Maybe you already are a member and already involved – that’s awesome! But perhaps you didn’t realise we have clubs. So, what are school clubs and why join one? And what clubs does Galen have?

Clubs are organisations comprised of students from any year or program who celebrate a common interest, usually academic. The administration of the Club is organised by students, but a member of the University’s faculty, staff or administration are usually sponsors and mentors.

So, why join a club? You probably don’t think you have the time, know anyone in a club, or that it even sounds interesting.

Why would you want to spend more time on anything school related? Well, let me dispel those thoughts one time! There are so many reasons you should join that I know you will be filling our inboxes with requests to sign up!

Have you ever felt that you want purpose in what you study? To be part of a solution? Or perhaps you want to gain experience before getting out into the real world? What about meeting people and spending time with like-minded people who are creating a community? Maybe you are looking for something fun to do during your time at Galen, a way to be part of school life? Or, you have heard about the importance of soft-skills and have wondered how to develop them? All of the answers are found in clubs – especially, Galen’s Clubs.

In our Clubs, you meet others who share your interests and who want to be change-makers. You have the chance to develop your communication, teamwork, creativity, and leadership skills among your peers. You get to brainstorm on things that aren't just for an assignment, but that are actionable and impactful. And, if you haven't already noticed – a lot of these skills are required in job ads. Employers want people who have these traits. They want to hire someone who is interested enough in themselves to develop these skills outside of the classroom. Employers want people who are interesting, involved, and curious. So, perhaps the biggest reason you should join a club is that it looks great on your CV!

Many students tell me they don't have anything to put on a CV because they don't have any work experience. Your involvement in a club is a perfect way to gain experience. Clubs are also great ways to network with your peers and professionals in the field. Remember – sometimes it is who you know!

But have I mentioned that joining a club is just fun! So now that you are sold on joining a club – which one should you sign up with?

The Faculty of Arts, Science & Technology (FAST) has three active clubs:

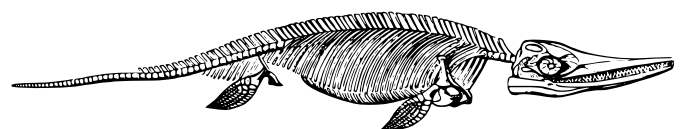
- **Anthropology Club** – Contact Jessica Perez ([jperez@galen.edu.bz](mailto:jperez@galen.edu.bz))
- **Environmental Club** – Leadership is currently open (contact me: [sgibbs@galen.edu.bz](mailto:sgibbs@galen.edu.bz))
- **Computer Science Club** – Contact Enrique Ayuso ([enayuso@galen.edu.bz](mailto:enayuso@galen.edu.bz))

In this issue I will speak to the Anthropology & Environmental Clubs and leave the Computer science Club to Dr Aguilar's Newsletter. But, if you like computers, coding and developing games, check them out!

**The Anthropology Club** is the longest-running Club at Galen, and probably the most visible on campus. This Club brings together students interested in all things anthropology, whether it be celebrating Belizean cultures, celebrating Archaeology and Anthropology Days, educating primary and high school students on the various fields of anthropology and visiting archaeological sites! The Club gets you out of the classroom to apply concepts and experience the discipline.

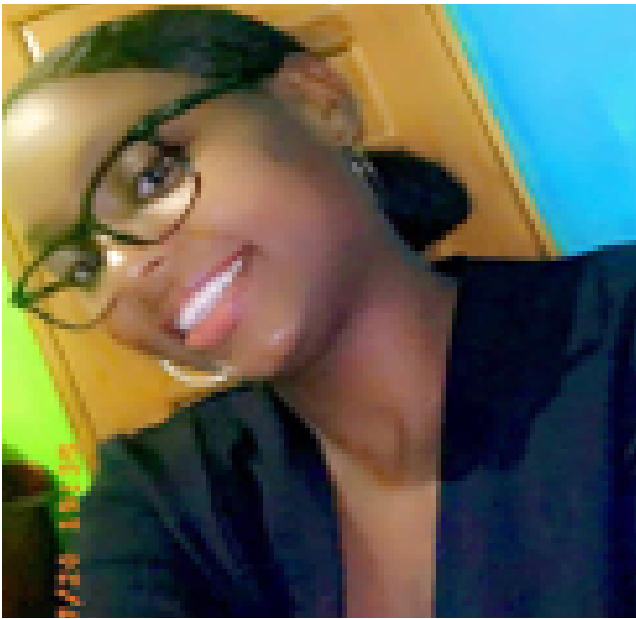
One of the ways the Club raises funds for supplies and trips is by holding food sales on campus – most notably on Finados. Many of you may recall the altar decorated in the Success Centre with a guest speaker sharing the traditions of Finados. The foods sold are customarily served during this celebration: x'pasha, x'pelon, pumpkin sweet, maja blanca. But, unfortunately, because of COVID we missed this last November.

Last October, in celebration of International Archaeology Day, the Club coordinated a discussion on archaeology that aired on LoveTV. That same week, club members joined a FB live panel with Heritage Education Network. When social distancing wasn't an issue in previous years, the Club hosted outreach to the public and school kids. Club members created their own activities as ways to educate the public about archaeology and anthropology. Since meeting back this semester, there are a bunch of exciting activities planned. These include organising discussions for International Anthropology Day and designing reusable bags for the Club's educational campaign on why plastic bags are bad and the alternatives. I don't want to give away too much, so you will need to join to find out more and how you can be part of these nationally recognised important events.



**The Environmental Club** was dormant for a bit but has been revitalised this semester and is about to take flight! We have a dynamic group of students from the Environmental Science program eager to start making their mark at Galen and in the community. The main interest of this Club is....you guessed it – the environment. What can the Club do to raise awareness and find solutions for various serious issues affecting our environment today – from garbage to pollution to habitat destruction. The Club’s interests range from making Galen a green campus to working with primary school kids on clean-up campaigns in their communities. But they need more ideas! These are just two dynamic Clubs at Galen for you to choose from, but don’t forget about the Computer Science Club. Remember – anyone can join, regardless of your major! AND, if you aren’t interested in these three then propose another! Take charge of your time here at Galen so that it is productive, interesting, and fun!





By: Sheneil Shayna Salazar

My name is Sheneil Shayna Salazar. I am currently pursuing a Bachelor's Degree in Economics from Galen University. This is my final year here at Galen, and I must say that it has been quite an enthralling journey. I trust that I am not solely speaking for myself when I say that the year 2020 has brought upon us many new challenges, including distance learning. However, being the flexible and dedicated eagles we are, adjusting to the new norm was manageable. My journey as an eagle begun in September of the year 2018. At that time, as a recent high school graduate, transitioning into University built up a level of fear in me, causing doubt in myself and my potential. Yet, with many words of encouragement from my parents and other family members, the first few months went by quicker and far easier than I anticipated.

Semesters flew by like a breeze and here I am, months away from graduating. Since my first day of enrolling at Galen, my life was drastically changed. I have had many encounters with awesome people, each fortunate meeting playing a significant role in the person I am today. I have met friends who are now family. I was privileged to have lecturers who were always willing to go the extra mile to ensure that my fellow classmat-

# DON'T QUIT

es and I learn the material being taught. Apart from being a student, I am a tutor in English and Math as well as a Teaching Assistant under the supervision of Dr. Virginia Hampton. In regards to extracurricular activities, I am a member of the female volleyball team. To some, it may seem as if I am overworking myself. I see it as maximizing my potential. I've been incredibly successful in each venture since my first day at Galen. All the glory goes to God. As my favorite Bible verse reads "I can do all things through Christ who strengthens me" Philippians 4:13. If David could defeat Goliath with the strength of God, then I don't see why anything is impossible for us to attain with Him on our side.

My fellow eagles, I advise you all to remain persistent and put God first in all you do. At times you will feel like giving up —especially those late nights putting in extra work. Trust me, in the end, it will pay off. Never be hesitant to set goals, even if it requires you to step out of your comfort zone. As Nelson Mandela once said, "It always seems impossible until it's done".

**We are strong! We are fearless!**  
**We are tenacious! We are EAGLES!**  
**Keep on soaring! The sky is the limit.**



# Take action to protect the future :

There are numerous ways that individuals are able to assist in greening our environment and economy. Planet Earth needs your help! There is currently vast degradation of our ecosystem that is happening every minute for monetary benefits. Is this really the world you want to live in? Resources being exploited for their value? Our future generation fighting for survival? No, right? Let's take charge of how we treat and protect our planet for our present and future generations. Individual efforts does not go unnoticed, regardless of what others may believe. Here is your chance to make a change today!

It does not have to be a macro change, micro-changes like thrifting, gardening, and recycling are just as crucial to develop and live in a sustainable manner. Practicing and encouraging a positive change in today's generation will also help immensely. It is important to remember that we hold the future in our hands.



Galen University Sustainable Tote Bag and Accessories



Instagram

Thrifting Pages:

- @that's\_sothrifty
- @time\_and\_again.bz
- @adelis\_closet
- @the\_next\_time\_around
- @save\_and\_rave
- @mimis.treasures501
- @mlscloset\_
- @frommetoyou.bze
- @izzyscloset75
- @trendzzbb
- @z\_z\_closet
- @\_retagit\_bz
- @czl.thrift.shop

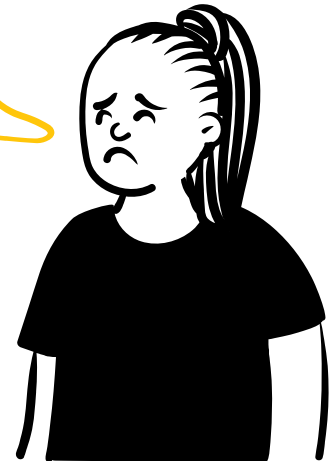


# How to formally withdraw from a course:



I registered for 6 courses this semester. I now realize that this may be too much of a course load for me. I need to drop 1 class.

I recently got some bad news and I won't be able to continue with the semester at Galen. I'm so sad about it. I guess I will stop attending all my classes.



Hello! I'm Harpy and I can help guide you on how you can withdraw from your courses.  
Let's look at the steps:



## IMPORTANT!!

**What happens if you stop attending classes? Is that considered withdrawal?**

Discontinuation of class attendance means that you will still be charged for the course and you will get an F in the course.

**If I drop a course during Drop/Add period, do I still get charged?**

If you drop from a course during Drop Add period, there is no financial penalty.

**If I want to withdraw from a class after Drop/Add period, do I still need to pay for the course?**

Yes, once you withdraw from a course after the drop/add period, you will still need to pay for a percentage of that course.

## Drop/Add Period

- There is a 2 week period where you can Add and Drop classes on your own
- **Add Period-** You can still add courses (January 11 – January 16)
- **Drop Period-** You are able to drop courses **WITHOUT** financial penalty (January 11 – January 23)

## Withdrawing from classes after Drop/Add Period

**Financial Penalty-** Note that withdrawal from courses after the Drop/Add period will incur a financial penalty. Contact the Finance office to inquire about specific costs [finance@galen.edu.bz](mailto:finance@galen.edu.bz)

## How to Withdraw?

1. Consult with your Academic Advisor. They will assist you with options, pathway sequence, etc.
2. Contact Finance to get information of what percentage will need to be paid for the course
3. Fill out the Withdrawal Form found on the Galen Website >> Admissions >> Student Forms <https://galen.edu.bz/withdrawal-form-2/> The form must be signed by:
  - a. Instructor of the course which you are withdrawing from
  - b. Academic Advisor
4. Once the form is filled out, email it to records [@galen.edu.bz](mailto:@galen.edu.bz) and [finance@galen.edu.bz](mailto:finance@galen.edu.bz)

## Important Dates:

- **February 20th-** Withdrawal period ends. Last day to withdraw from a class with a 'W' (withdrew) with **financial penalty**.
- **February 22nd-** Withdrawal period with a 'WP/WF' (withdrew passing/withdrew failing) begins. **Financial penalty**
- **February 22nd-** Class schedule for 2020-3 Summer semester posted on Student Gateway (**view only**)