

# THE GALEN TIMES

“Learn as much as you can while you are young, since life becomes too busy later.” – Dana Stewart Scott



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## WELCOME EAGLES!!!

Welcome Eagles to the 2021 Fall semester! We welcome our new eagles to Galen University and wish them a happy and successful time with us. We understand that online classes may still seem new to you and it is not easy to adapt to a new teaching technique. Fortunately, Galen University is here to help support you every step of the way in your academic journey and career development. We hope your transition to university life is fun and educative. Once again, we welcome all of you to the new academic year!

## How to Manage Online Classes:

Starting the academic year is an exciting moment for students. However, it can be a stressful experience if you are not prepared to manage the rigorous classes and activities throughout the semester. One of the most essential skills needed to manage online classes is time management.

Every student should identify the most important tasks and set personal deadlines before the actual due date. By prioritizing assignments, projects, and upcoming quizzes or tests, you allow yourself to block out distractions that stop you from getting your work done. Also, time management assists you to meet your objective or deadline faster because you are training your brain to focus on a goal and avoid procrastination. In essence, time management relieves students from the stresses of having to complete assignments for multiple classes on the same day.

## Tips for Online Learning:

- Log in 10-15 mins before the class begins
- Eliminate Distractions
- Practice Time Management
- Actively Participate
- Limit Social Media
- Keep writing Materials nearby
- Stay Healthy
- Prepare a Weekly Schedule to Manage Task





# Student Testimony



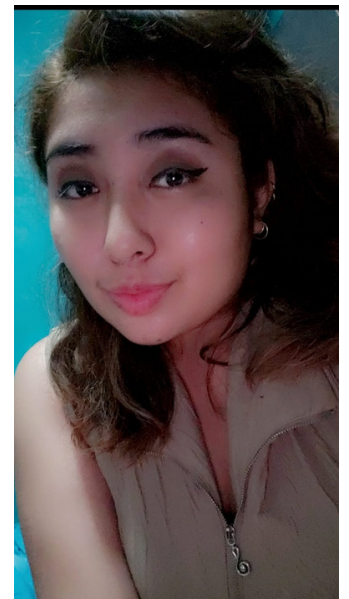
Online learning is something that seemed intimidating to me, especially since I've never done any official online learning prior to COVID. As the months went by however, I've realized that taking my courses online for university is not as difficult as I thought it would be. In fact, I am able to learn even quicker compared to in-class learning. I do not have distractions, I can watch back recorded class sessions if I missed something, and it is much easier to focus on a screen in front of you than having to strain your eyes to see a whiteboard while you're sitting at the back of a classroom. And of course, the 'mute' feature of online learning platforms means that no one interrupts the teacher during a session. I am definitely comfortable with online learning and my experience with it has been great

By: Aden Leslie



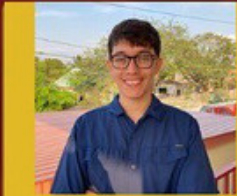
Transitioning from a structural classroom environment to one of online distance learning has been a great challenge worldwide. However, my journey at Galen University has been nothing but exceptional. Joining the Eagle Family amid all the transitional chaos in August 2020, Galen made distance learning attainable. The lecturers have been doing their utmost best to have interactive classes while providing quality education. Indeed, there are some challenges, but there isn't a challenge that an Eagle can't handle. At times, those 11:55 pm deadlines can cause panic, and being in a class where you don't know a single person can be frightening that we might feel like giving up at times. Yet, those words of encouragement from our lecturers ascertain that anything is possible; it just takes communication, participation, dedication, and time management. By doing this, the semesters fly like a breeze, trust me! Thus, as online learning has become our norm for the time being-, let's soar high Eagles and have a great semester!

By: Nyomi N.S. Novelo



Send us your testimonials at  
[studentaffairs@galen.edu.bz](mailto:studentaffairs@galen.edu.bz) and it may be  
 featured in the next issue.

# STUDENT GOVERNMENT ASSOCIATION OFFICERS



RAUL CASTILLO

## PRESIDENT

I am excited to be a member of Galen University's Student Government, where I will work with a dynamic group of young people. As President, I intend to work hard and commit myself to improve your experience at Galen University. I am environmentally conscious, friendly, and hardworking and currently pursuing my Bachelor's Degree in Environmental Science.



ENYA LIZAMA

## VICE PRESIDENT

It is with great enthusiasm that I embrace the role of Vice President in Galen University's Student Government. I am currently pursuing my Bachelor's Degree in Anthropology and it is with my outgoing, innovative personality that I promise to remain dedicated to you the students in our shared virtual experience and to work arduously with my team. The improvement of the Galen University experience is our priority.



SHANTAY TORRES

## TREASURER

I am currently going into my second year of pursuing my Bachelor's degree in Environmental Science. My number one outlook in life is seeing myself as an overcomer, knowing that whatever life throws my way, I will always come out victorious. We are all ready to bring our new and innovative ideas that will cause our eagles to be able to soar higher than they ever did.



MARISSA CERVANTES

## SECRETARY

At present, I am pursuing a Bachelor's degree in Anthropology. I am a self-motivated and open-minded person with a warm personality. As your secretary, I encourage students to be a part of the decision-making process so that your ideas and concerns are better addressed.

Meet the Student Government Association!

They are here to listen to you, be an advocate, and engage you in our Eagle community!



Email: [sga@galen.edu.bz](mailto:sga@galen.edu.bz)

Instagram: [@galen\\_university\\_sga](https://www.instagram.com/galen_university_sga)

Open Position: **Events Coordinator**

Submit your nomination by September 17th. Include your name, year at Galen, program, and why you are interested in the position.

# *Blue Economy*

## Galen University and Ministry of Blue Economy sign MOU for curriculum on Blue Economy

On September 6, 2021, Galen University and the Ministry of Blue Economy and Civil Aviation signed a memorandum of understanding for the development, research and delivery of a curriculum on blue economy.

The curriculum will be the first of its kind in Belize.

Chairman of the Board of Trustees, Dr. Rene Villanueva along with the Provost, Dr. Eve Aird and the Dean attended the ceremony.

Minister of Blue Economy and Civil Aviation, Andre Perez said that the ministry is working on finalizing a 5-year national multisector blue economy plan. He further invited Galen University to participate in this strategic plan.

Dr. Aird confirmed Galen's commitment to supporting blue economic development in Belize. This collaboration between Galen University and the Ministry of Blue Economy is an exciting start that will create new opportunities for students to learn more about the 'blue resources' here in Belize.



# Vaccination Raffle

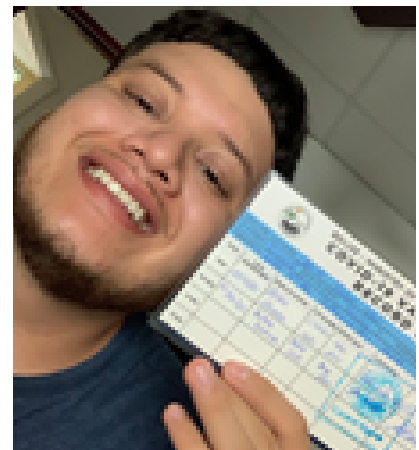
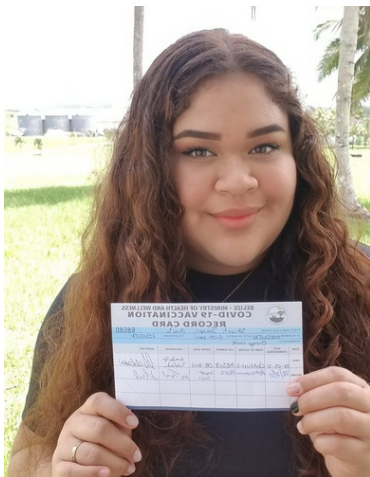
## Winners!



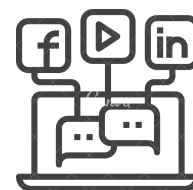
On September sixth, Miss Monica Manzur went live on Facebook to raffle five free course for the 2021 Fall semester. Miss Monica explained that five lucky eagles would win one course each. To enter the raffle, students had to be vaccinated and send a photo of their vaccination card to the student affairs department. In the end, the five lucky eagles were as followed:

1. **Dassia Regalado**
2. **Shianti Acosta**
3. **Alexis Chan**
4. **Orville Leal**
5. **Lanedah Dawson**

We congratulate these winners and thank all participants that entered the raffle. Once again, we remind students to get vaccinated and prevent the spread of COVID-19.



## *Important Dates:*



September 10th: Public and Bank Holiday - St. George's Caye Day

September 11th: Last day to add a course.

September 18th: Last day to drop a course (without financial penalty)

If you are having technical issues dropping a course, please email [records@galen.edu.bz](mailto:records@galen.edu.bz) for assistance.

September 20th: Withdrawal period starts (financial penalty).  
After the drop period has ended, you may still leave a course.

September 21st: Public and Bank Holiday - Independence Day

### Official Transcripts

If you have not yet submitted your official transcripts to the Records Office for credit transfer evaluation, please do so by September 13th. New Galen Eagles, please take note.

*Follow us on our social media: Galen University*

