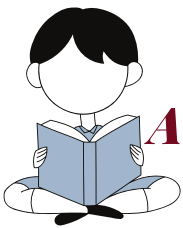


# THE GALEN TIMES

“We must embrace pain and burn it as fuel for our journey.”

– Kenji Miyazawa



## *A guide on how to study effectively*

Online classes can be tough and challenging since we are required to do the readings. Especially for those who are working since they are exhausted as they reach home. In order to keep track of your readings, remind yourself or **schedule beforehand** a day to catch up on your studies. To add to that, it is always best to use your free time wisely.

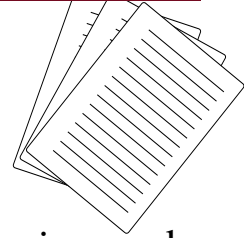
**Notes** is another helpful tool for studying because the information can help you understand the topic you are learning. Without a doubt, ensure that you write important facts/statement that you understand clearly. For this reason, if you write word for word, it can be complicated due to it not making any sense.

Finally, always keep a **positive mindset** and not stress yourself because it can give you a headache. Always give yourself a break from studying.

## **In this Issue:**

- A guide on how to study effectively
- Class Engagement
- Making The Best of It
- The Galen Hour
- George Cadle Price Scholarship Recipient
- The dynamics of women and their place in society

# Class Engagement



One of the most effective methods to understanding, learning, and captivating information in class is to actively participate in class discussions. Participating in class does not mean that you should answer every question asked by your professor. By asking a question or seeking clarification on a topic, you are engaging with the course material and it will assist you in the learning process. When students ask questions and are given a clear explanation, they can make connections and strengthen their understanding of similar ideas.

Furthermore, class engagement assists professors to analyze and improve their teaching strategies. For instance, when students express themselves and openly admit that they are confused, professors realize that a different approach is needed to teach the course topics because every cohort learns differently. One of the most common phrases said by professors at Galen is that “Students should ask questions in class because their classmates might be confused as well but too shy to ask the same question”. My professors have always made it clear that there are no foolish questions in class. Hence, I insist that students engage in class and speak up when they are confused about a subject because knowledge and skills require comprehension in any given field.



# Making The Best of It

By: Dr. David Aguilar

To those of you for whom this is your first semester at Galen University, welcome! It has been my custom, as the Computer Science teacher here, to write articles every now and then for the student newsletter, and I do so for a few different reasons. First, I think it's always a positive thing to encourage interaction between faculty and students outside of the scheduled class times. While it's easy to receive knowledge and practice skills in those more formal settings, values and principles can really only be shared by means of a more immersive sense of community. Second, technology needs to be seen as "relatable." Computers are now fully integrated into the vast majority of pretty much every human activity in the modern world, and the more we know about them, the more control we have over our environment. One of the things I like to discuss in these brief monologues is the way that the rapidly increasing development of technology affects us in our daily routines.

Third, I want our students to be able to appreciate the advantages they have due to the tools that we now often take for granted, because this introduces a healthy degree of humility into all that we accomplish. As Isaac Newton once famously said, "If I have seen further, it is by standing on the shoulders of giants." So here we all are, standing on some pretty big shoulders.

There is a fourth reason as well, but since it is all part of an intricately crafted scheme for which exposure would be immediately terminal, I will keep my cards up my sleeve a little longer. Suffice it to say, of course, it has nothing to do with taking over the world, stealing the Eiffel Tower, or any combination of those two things. Trust me – nothing to see here.

I've often mused, sometimes aloud in front of my students, about what would happen if all of our current-day technology were to somehow be destroyed. Is there anyone, or any group of people, alive today that could rebuild our modern devices from scratch?

And by “from scratch,” I mean mining the metal, manufacturing the glass, and magicking up the plastic (because plastic is magic, don’t let the media fool you). We would need to create the tools to create the tools to create the tools that we use to mass produce laptops and smart phones, and I’m really not sure if we could do that if all the Wikipedia articles and YouTube tutorials were suddenly taken away. I’m trivializing (slightly) but the truth is that I don’t think we’d ever get back to *this* particular expression of technology. It might eventually get to the same level, and maybe even better, but I don’t think it would be the same. If we could re-start history, I don’t think we would ever replicate the exact same course of human development... every happy accident, every successful experiment, every right-place-at-the-right-time that resulted in where we are today.

A lot of our scientific community that engages in speculative contemplation wonders what would happen if we ever met aliens... what their biology, their culture, their language, might be like. Me, I wonder how many gigabytes they can fit on their hard drives,

and if they ever had the extraterrestrial equivalent of Windows Vista. I may have just invented a couple new fields of study here: cyber-anthropology and xeno-cyber-anthropology.

While I await the opportunity to examine interstellar electronics, I content myself teaching Computer Science to university students; and it’s not a bad way to pass the time. In fact, Computer Science as a subject has probably weathered the recent shift to online education as well as can be expected, and by far the majority of you who major in the subject have expressed that the changes have not diminished your experiences at all. I think that’s great, and while we know that there are definitely some advantages to the traditional face-to-face paradigm, we’re playing the hand that we are dealt, and that doesn’t have to be a bad thing.

In fact, if we play to our strengths, if we make the best of the circumstances that define our modern educational experience, we can find much to be thankful for, and much to kindle our excitement for those things which are, and those things which are to come.

The virtual classroom provides students with the opportunity to practice certain abilities that the rest of the world finds quite... useful. For example, the way things are set up at the moment, students have greater responsibility over the pace of their learning. There are fewer classroom activities that are directly guided by the instructor, and more projects, research papers, and independent work; and that's just in the live online courses. Students need to master time management and self-motivation to a greater degree than has been the case thus far, and frankly those are areas that employers prize greatly in those whom they hire.

Our live sessions also allow us to practice our communication skills in some unique ways. In an article that I wrote a few newsletters ago, discussing quantum mechanics and cats, I lamented the fact that modern students don't take advantage of this as much as they should, but will often attempt to passively absorb information as if they were all sitting in the back of a face-to-face classroom. When I was working out of a university in South Carolina a few years ago, I co-published a paper describing the

advantages of the semi-anonymity of a virtual classroom in getting students to open up and speak more. There is a phenomenon known as the Online Dis-inhibition Effect, (my Ethics students know what I'm talking about) and the general idea here is that anonymity plus an audience results in lowered inhibitions among individuals communicating through electronic means.

The dark side of this psychological effect is that cyberbullies and online stalkers may feel emboldened, and thus experience greater freedom to do their thing. On the other hand, this can also have a very positive effect in that the traditionally shy, introverted student can flourish if the relative safety of a chat window can be seen as an advantage. I encourage you now, as I have in the past, to take the opportunity to speak up in your online classes, to ask questions, to give feedback, and to make the experience richer for both yourself and your fellow students... and perhaps take away some of the sense of isolation that those longing for the traditional college experience may be feeling.

One final advantage of the online classroom that I'd like to mention here, although there are several others, is just the fact that it is online. You are using a computer. You are becoming familiar with rapidly solidifying online communication standards. You are sharing multi-media presentations. You are taking advantage of a "convergence" of a multitude of different technologies, all geared towards allowing you to see, and hear, information from across the country, and across the world.

There are fewer restrictions than ever before placed upon the information to which you have access. Ignorance about the world, and its global diversity, is a condition that is rapidly going extinct, and with it the excuses for not understanding people, and not understanding technology. The online nature of our current system of education is allowing us to learn more and more about both the human and electronic elements of our cyborg society, and to prepare ourselves for the very different landscape of our new social and employment opportunities. While we hate to say anything positive about a pandemic, the truth is that its appearance has accelerated certain trends of which we can, and should, take full advantage.

Would any of us have chosen the world in which we now live? Probably not. Not all giants are friendly. But if we are clever, and if we are quick, we can stand on their shoulders just the same.

# The Galen Hour

The Galen Hour is an official show broadcasted live on Love FM and the Galen University Facebook page on Thursdays at eight pm. The Galen Hour acts as a forum for students and Belizeans across the country to know more about Galen University and its commitment to academic excellence, life-long learning and sustainable development. The show focuses on Galen University's impact on the country and the institution's plans for the future.

In season one, Galen Eagles and professors were invited to discuss about COVID-19, online learning, and the different programs offered at Galen University. **The Galen Hour Season 2** will premiere on **September 30th** with new topics and fun discussions about sustainable development. We invite all Galen Eagles to tune in on Love FM or Galen University's Facebook page to be part of the conversation.





# George Cadle Price Scholarship Recipient

On September seventeenth, the Ministry of Public Service and Galen University collaborated to provide the first ever George Cadle Price Scholarship. The scholarship honors the memory of the Late Right Honorable George Price who dedicated his life to serving Belize. Inspector of Police, Mr. Zenubio Coc was awarded this prestigious two year scholarship. Inspector Coc will major in Criminal Justice; we encourage all other students to welcome him to the Galen family. Galen University and the Ministry of the Public Service, Constitutional and Political Reform agreed to award the George Cadle Price scholarship every two years for public officers to complete their bachelor's degree. We wish Mr. Coc a successful journey here at Galen University.





# The dynamics of women and their place in society

By Monique Moguel



Today it is not strange to see women in the workplace and involved in different social systems. More and more women are diversifying and taking on roles that help them to contribute to their households. We see them taking on jobs, furthering their education, and stepping up as pillars for their families and their communities. This is a great advancement from what was once the norm. Their inclusion in more areas of society is definitely considered as progress, but by no means is it an indication of a completed journey.

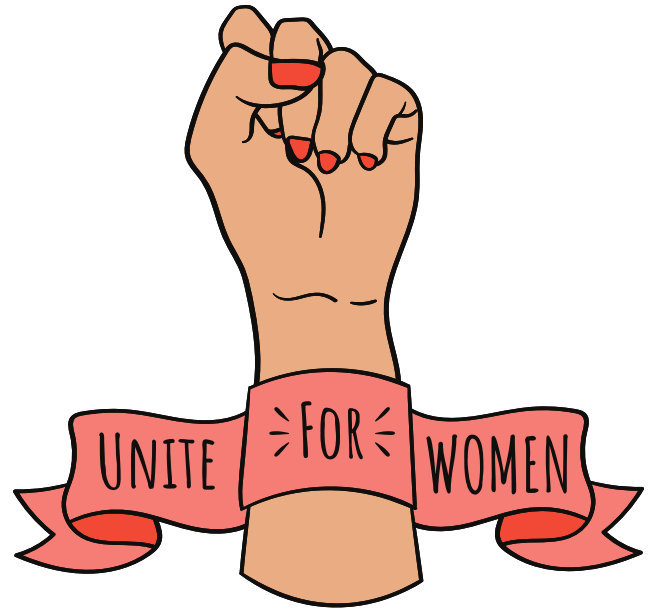
With time, the limitations placed on women have shifted. The barriers are no longer limited to a structure with four walls and a flowy apron. Instead, the uphill climb is now marked by fights for equality, acceptance and variations of freedom, among other things. After years of fighting to be included, women are now finding themselves fighting to be accepted in the spaces they worked so hard to occupy.

As young women growing up, the constant reminders of cultural and societal expectations can be a lot to handle. While dealing simultaneously with the pressures of navigating new territories and mastering self-identity, females find themselves having to choose which is more important, often settling for biased guidance or preconceived gender roles. The image of bold confidence and direct approach in males is an easy one.

For women, these traits would be met with cold shoulders and double glances. It seems easier to look through a filter of judgement and oppression than to be open to the many dynamics of female essence.

On a daily basis women rise up and face the day head on. They take on different roles and set a pace for themselves and others within their reach. They often do not get to choose a particular role to focus on, but rather push through a mix of motherhood, spouse, friend and employee, among others. Indeed, to be a woman is to be a natural multitasker or juggler of sorts. Much is demanded daily, from emotional strength to physical aptitude, women do it all.

To know a woman is to know a life source. She embodies strength, dignity, sacrifice and drive. Her calling is grand and time after time she rises to the challenge. Often unappreciated and restricted, she carries on knowing that the strides she makes are not only for her but for everyone in her care. She gives life and she makes the most out of it.



# 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**



# Events



## Belize In Bold

The Diversity of Galen students across Belize



Here is how to participate:

- Submit a picture of yourself that includes a respective sign monument or mural in Belize.

Email us your:

- Name
- Major
- District

- All entries will be shared on our instagram page and will be entered in a raffle for a chance to win Galen Gear!

