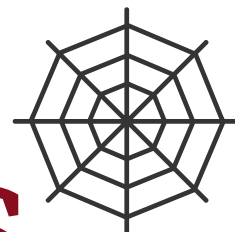


# THE GALEN TIMES



*"There is only one corner of the universe you can be certain of improving, and that's your own self."  
Aldous Huxley.*



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## October Greetings

Happy October Eagles!!!

It's the spooky month of the year. We have completed one month of school and it's a lot to take in. Don't give up and stay motivated.

# 6 Virtual Activities to Keep College Students Engaged

## Introduction:

How many of you miss meeting up at the library to discuss not-so-academic topics? I know I do! Can you imagine the hours spent at Galen's library chatting and planning programs together? Don't we just miss that? But unfortunately, that is simply not possible right now, yet our Eagle spirit is still present in every way possible. Whether your campus is large or small, there is no denying that campus life is a very essential part of our academic life as students. The array of institutionally supported student activities available for your enrichment and enjoyment is endless. Although we cannot physically enter a set campus space together, here are 6 suggestions that can be run and enjoyed through the magic of technology. Let's start!

### 1. Music/playlist:

There is absolutely nothing better than a nice playlist. Get in tune with other Eagles by contributing to a collaborative playlist. For example, have a playlist meet up with others by inviting them to listen to a set of songs curated by students or staff. How amazing would it be to know the kind of music we all have in common?

### 2. Meditate

Meditative and mind-body practices can help students reduce negative emotions and their physical effects. Healthy, well-rested students are more alert in class, which leads to a whole chain of positive events, like increased confidence, better grades, and less stress. So, sit or lie comfortably, close your eyes, breathe naturally, focus your attention on your breath and on how your body moves with each inhalation and exhalation.

### 3. Alumni Career Connections:

Your alumni may be sympathizing with the difficult situation your students currently find themselves in and wondering how they can help. For example, build a career network where alumni can discuss their careers via video chat, conduct video tours of their home offices, or give students a glimpse into their work via screen share.

### 4. Virtual hangouts:

Finished all assessments, can't go outside, and have nothing to do? A zoom movie night would be just the activity to do with your peers. Gather your friends in their free time, choose a movie, grab a snack and start the movie. This way you can relax your mind and watch a great movie with friends but virtually yet feeling right next to each other. After the movie, you can have discussions on the movie or have conversations on other topics and catch up with each other.

## 5. Joining online clubs:

Have you ever wished to be part of something great? Don't miss out on the endless opportunities your university has to offer like joining online clubs. Galen is currently recruiting students who have some sort of interest in journaling. Journalism can be deeply restorative of the soul, mind, and body. You can support students in their journaling habits by bringing socio-economic topics or hosting group journaling sessions during which you live stream-relaxing music. Also, Galen sends out emails to recruit new members of the student government and all while being online. Don't miss the endless opportunities available for you to excel and leave your mark. Make the difference.

## 6. Tutorials/ Social media:

As a stay-at-home student, social media tends to be our everyday hobby. And yes, social media can be very beneficial, it all depends on how we use it. Have the free time? Go on YouTube, search videos that fall under your academic field of study, and listen to the endless possibilities of how far your field of study can take you. Subscribe to social media pages that expand on current social factors, news, Pinterest ideas and so much more.

## Conclusion:

What other program ideas do you have? We'd love to hear if you have any other ideas we can keep sharing with our lovely Eagles. Make the best out of your time spent at home. It doesn't always have to be about boring online lectures or assignments that never seem to end. Find time for yourself to connect with the world around you, even if it is through a screen. It is important to stay grounded as a student and to find the right balance in order to shine in your best academic achievements.

# Journalism Club

If you are one of those students who loves writing and wants to develop your skills even further than the everyday English courses, you definitely should join Galen University's Journalism Club. When you think about journalism, the first thing that comes to mind is reporting. While this is one aspect, there is so much more. The journalism club of Galen University is an avenue for students to express themselves creatively. It gives Galen Eagles an opportunity to present content that they are interested in and share it with others.

Whether you choose to express yourself through writing, video editing, photography, or even if you are curious about the editing process; the Journalism Club offers a platform to learn and share your craft. At the moment the club partners with Love FM, The Galen Hour, The Galen Times newsletter and looks forward to other amazing partnerships as it continues growing.

If you are interested in joining or know someone who might be, send an email to [journalism@galen.edu.bz](mailto:journalism@galen.edu.bz) to get more information. Our amazing team of creatives is happy to welcome you!



# "Helping creators to create"



# Introducing the Master in Development Studies

Galen University recently announced that a new program, Master in Development Studies, will commence in the Spring semester- January 2022. Development Studies address the processes of social, economic, and political change and the potential consequences of those events on society. The Masters in Development Studies program will focus on development and development-related activities. The program equips students with the skills needed to understand social, economic, and sustainable development and create innovative solutions to these challenges. The Masters in Development Studies program has been emerging in other developing countries because students gain insight on developmental theories and the critical questions surrounding development itself. A Master's degree program in Development Studies creates new opportunities for students in consulting firms, academics, and government organizations. Hence, we encourage all Galen Eagles who are interested in this career pathway to call or text 615-3129 for more information on how to apply for a Master's degree in Development Studies.



**GALEN UNIVERSITY**  
ALWAYS EXCEL  
TAHNEIO

## MASTER OF SCIENCE IN DEVELOPMENT STUDIES

*Beginning—January 2022*

INTERESTED IN ACQUIRING A CRITICAL AND  
INTERDISCIPLINARY UNDERSTANDING OF DEVELOPMENT?  
COMMITTED TO TRANSFORMATIVE, INNOVATIVE,  
SUSTAINABLE, AND RELEVANT SOLUTIONS?

**THEN, THIS MASTER'S DEGREE PROGRAM IS FOR YOU!**

GALEN UNIVERSITY IS RESPONDING TO THE ECONOMIC,  
SOCIAL, AND ENVIRONMENTAL CHALLENGES AND  
OPPORTUNITIES IN BELIZE BY PREPARING QUALIFIED  
PROFESSIONALS TO:

- LEAD THE DISCUSSIONS AND SOLUTIONS TO  
BELIZE'S SUSTAINABLE DEVELOPMENT
- TAKE A SOLUTION-ORIENTATION APPROACH IN  
ADDRESSING THE ECONOMIC, SOCIAL, AND  
ENVIRONMENTAL CHALLENGES
- EMPLOY CRITICAL ANALYSIS, CREATIVE & INNO  
VATIVE APPROACHES AND RESEARCH TO  
PROVIDE RELEVANT, EMPIRICAL, TIMELY AND  
SOCIAALLY RESPONSIVE SOLUTIONS

**GENERAL INFORMATION SESSION**

DATE: OCTOBER 8, 2021  
TIME: 12:00 PM -1:00 PM

 MEETING ID: 859 9418 2438  
PASSCODE: 753837

*For more information contact:*  
**+501 615-3129**  
[admissions@galen.edu.bz](mailto:admissions@galen.edu.bz)

## Important Dates

October 1-31: Spring Internship Application period. Prospective Interns must apply to their Dean for ALL internships.

October 18: The class schedule for the 2021-2Spring semester is posted on the Student Gateway.

October 18-23: Mid-term Exams

October 23: First 7-week period ends. Last day to withdraw from a class with a 'W' (withdrew) **with a financial penalty**.

October 25: Second 7-week period begins. Withdrawal period with a 'WP/WF' (withdrew passing/withdrew failing) **with a financial penalty** begins.

October 25-30: Advising period for **2020-2Spring** semester. All students are required to meet with their advisors in person or online in preparation for "Selection of Courses" and for continuous academic mentoring.

# Events



**GALEN  
UNIVERSITY**

**GALEN UNIVERSITY  
FILM AND MEDIA SCHOOL  
Master Class**



## **SCRIPTWRITING FOR VIDEO**

**Arthur O. Thomas, MBA**

Writer, Producer, Consultant  
Academic and Entrepreneur

This course introduces you to the techniques of researching, conceiving and writing scripts. Participants will have the opportunity to practice script writing for a variety of video programs and become familiarized with video and film techniques and terminology. This course will also provide information about the screen writing business.

Art Thomas's professional career started in the international logistics arena and evolved to include both international / domestic television and film production. He held the position of Executive Vice President of Programming with CoLours TV, America's first multicultural cable channel for nearly a decade. He has co-produced projects in the United States, Japan, Belize, Uganda, Singapore, Germany, Jamaica, Zimbabwe, Bahrain, Nigeria, England, Jordan and South Africa. His film producer credits include "HUSH MONEY" which is streaming on Amazon Prime and "The Shadow Walkers" which was distributed worldwide by Lionsgate and Netflix. In 2019 he was an executive producer on "AVA" a sci-fi feature. In 2021, he was an executive producer on "Katakata". When not on set, Art shares his expertise with students at institutions of higher learning.

**DON'T MISS OUT, REGISTER TODAY!**

[admissions@galen.edu.bz](mailto:admissions@galen.edu.bz) / +501.614.6415

**SATURDAYS**

**9:00 am - 12:00 Noon**

**30 Oct - 11 Dec 2021**

**Cost: \$500.00**



**#FILMBELIZE™**



[WWW.GALEN.EDU.BZ](http://WWW.GALEN.EDU.BZ)

OCTOBER 10

# WORLD MENTAL HEALTH DAY

- Asking for help is the first step
- You can live well with a mental health condition, as long as you open up to somebody about it.
- Your own mental health is your biggest priority

*In support of World Mental Health, wear green and send us your picture so that it can be featured*



Office of Student Affairs  
[www.galen.edu.bz](http://www.galen.edu.bz)

