

THE GALEN TIMES



It is always important to stay positive and try to look at things in a positive manner. It's good to think happy thoughts as to not cloud the mind with negativity. Of course, it's not all rainbow and sunshine since there are times when negativity gets the best of us and it crumbles our wall. To build that positivity back up, think about what makes you happy and try to engage in recreational activities to keep your mind distracted. Remember you guys are awesome and Stay positive.

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Into the Badlands

By: David Aguilar

All right, Ladies and Gentlemen, it's time for me to talk about one of my least favorite topics: Academic Integrity. "But," I hear you asking, "isn't integrity a good thing?" It surely is; however, it is one of those phenomena like the soundtrack of a movie – when it's there, when it's working right, you barely notice it. All you feel is the mood that it sets.

On the other hand, its absence can be quite a jarring experience, and that's when people begin to take notice. I've certainly taken notice this semester, as I've already had to hand out a couple of 0s on assignments for students not citing their sources and copying information word-for-word (or with very minor modifications) from the Internet. This isn't something that happens all that often in my courses, but once is too often for students such as yourselves; after all, if you survived high school, or wherever you attended before you transferred in, you are capable of doing things right.

And here's the technological angle on this matter: at this point in mankind's journey to the stars, it is actually easier to do things the right way! In case your professors haven't told you, whenever you upload an assignment to Moodle, it is run through software that compares it to other submissions, as well as to a variety of other resources, and reports a percentage-similarity that is displayed automatically to whoever is grading your work. It's even color-coded for those professors who are into artistic expression, with a red rating meaning a high degree of similarity. This software only supplements what your teachers have already been able to do for generations, and that is to get a "feel" for each student's style of writing. Believe me, it doesn't take more than a couple assignments

for an experienced instructor to be able to say, "Hmm... this doesn't sound like young Falstaff at all. What the dickens?!"

Another dead giveaway is when students begin to give information about concepts taught in class that weren't actually covered. This isn't always a bad thing; especially in this online educational environment, I actually encourage my students to seek out additional information, even during tests, to supplement their answers. However, if they don't understand the term or concept in the first place, the results of their blind Google searches often yield results that are as wrong as they are unintentionally hilarious.

Picture it: Sicily, 1936. A young college professor administers a test to students of his highly reviewed and intensely interesting Programming Languages class. For literary purposes, we will ignore the fact that programming languages did not exist until the 1940s, and imagine that one of the test questions reads, "What is the purpose of a generator in the creation of source code?"

Among the scholars enrolled in the course is one student whom we shall call Alas, Poor Frank. Alas, Poor Frank has not prepared for this test for what he believes are perfectly legitimate reasons. Alas, Poor Frank, upon reading the document he downloaded on his brand new 1935-model laptop realizes that he has no idea what half of these questions even mean. In his desperation, Alas, Poor Frank decides that he is going to try out that brand new website that all the teens are going on about, and searches for the word "generator" on Google.

Believing he has managed to outwit the system, the soon-to-be-non-graduate types, "A generator is a device that converts mechanical power into electricity.

Some generators work by using steam, a flowing body of water, internal combustion, or even human actions such as turning a crank to drive a shaft that rotates within a magnetic field, generating electrical power. The first generator was invented by..." and so on.

Clearly, at least for those who attended and paid attention in class, the question was asking about the purpose of a type of program called a "Language Generator," a common enough term that the word "language" is often merely implied. The second half of the question also provides unambiguous context. It becomes obvious to the professor that at least one of his students is an impostor, and he takes appropriate action. Alas, Alas, Poor Frank. We need to be aware of our own biases, if not to eliminate them, then at least to know when a good argument is being made against one of our cherished positions, and to strive for objectivity when presented with new information. That is one of the ways that we demonstrate intellectual maturity, and it is such a valuable characteristic to cultivate.

The moral should be clear enough. Having a powerful tool can actually be harmful if you don't know what you're doing... just ask people who have been careless in a woodworking class. Venturing out into the poisonous sands of the Internet is a dangerous endeavor if you don't have the right equipment. Misinformation lies around every corner, and one of the things that a modern digital citizen (which each of us is, like it or not) needs to learn is something called *media literacy*. We must be able to apply clear reasoning, common sense, and some basic background information in technology, medicine, politics, and culture in order to be able to filter out the more obvious nonsense from the eager online contributions of the masses. In a previous article, I've already warned you about the enticing dangers of using Google, YouTube, Wikipedia and similar sites as primary sources of information for your academic activities.

While these are great starting points for gathering basic information about a vast number of subjects, they are not fact-checked often enough, or consistently enough, to be considered the "final word" on anything. And that's even assuming that you're searching for the right words, in the right context. When you travel in those circles, bring your best gear. Compare multiple pages to ensure that there is a consensus across several reputable websites before you allow yourself to be persuaded, especially of those claims that immediately trigger your skepticism.

If you find something that seems to run contrary to what you learned in class, bring it to your instructor for a discussion. A good professor is always eager to learn more, and if we find better or more up-to-date information, we will be grateful. I've been corrected by students more than once, or been informed of developments that I had not previously encountered, and it is invariably a positive experience. We all learned together. But what you should never do is just plop your new discovery down on an exam paper and expect a gold star on the refrigerator next to your name.

So, with these various tools supplementing the natural instincts of your instructors, and them becoming more and more familiar with online testing (we recently had a workshop here at Galen addressing that very thing) it should be obvious that any efforts to pass a course other than actually knowing the material, becoming familiar with the associated principles and processes, and applying good test-taking measures (relaxation, pacing, practice, etc.) is just not worth the effort. But there's another way that it's easier to do things right as well.

Yes, it is dangerous to have a powerful implement at your disposal if you don't use it the right way; however, when used correctly, our technological toolbox can make things so much better, and so much easier. For example, did you know that there are websites that automatically generate APA references for you?

Give this website a look:
<https://www.scribbr.com/apa-citation-generator>
Everything from websites, to online images, to “other” (my favorite) can be referenced properly in the most recent APA format; all you need to do is plug the information in, focusing primarily on the fields that are marked with an (*), and by clicking the blue “Cite source” button at the bottom you’ll get a copy-and-pasteable reference that you can include in all your work. Apparently, you can also make a free account to save your most common citations, but I haven’t had the need for that myself.

The good news is, and has always been, this: nobody expects you to figure all this out on your own. The advantage of learning something at a university, as opposed to through semi-legally downloaded PDFs and YouTube videos, is that there are people, people with experience and talent, who are here to personally guide you through the badlands. You have support systems, resources, and time to explore the areas of human endeavor and disciplines that have caught your attention, and that will – hopefully – define your professional life for decades to come. We are here to help you, even when that help comes in the form of a reminder that academic integrity is a critical aspect of the person you are becoming. And sometimes, every now and then, we’ll show you a new shortcut through the desert.



Every little bit counts

Setting a goal is always a great idea. It helps to keep us motivated and gives us something to work towards.

Owning a home, earning a degree, losing 2 pants sizes.....whatever it is, it takes work and feels great when it is achieved.

Depending on how big your goal is, it may take some time to get there. There may be challenges and setbacks along the way and at times we may even need some help to remain on track.

THIS IS NORMAL!

We set goals because what we desire requires focus and discipline, and at times may even require us to re-arrange aspects of our lives.

As we work towards our goals, it is important to acknowledge our progress. Each milestone that we reach gets us one step closer and is a representation of our work and consistency. While we may not be at our finish line, we are well on our way.

The truth is that the taste of victory is only as sweet as the work it took to get there. The more challenges we overcome along the way, the more value we place on our win. It would be sad if we achieved something but made ourselves miserable getting there.

Our goals help us to grow and become better versions of ourselves. That takes time and just like we do for others, we should reassure ourselves that we are doing a good job and stay motivated to continue. Each time we opted to save instead of making that inessential purchase, all the late nights studying or early morning workouts; they all add up. Every step forward puts us in a better position than we were before and we should be mindful and grateful of our growth.

The next time you feel disappointment creeping in when you only lost 2 pounds instead of 5, or you feel overwhelmed because you are still semesters away from your degree and are feeling drained, cheer up and remember you are still on the road of progress and **YOU ARE DOING GREAT!**

DIA DE LOS MUERTOS

by Adrian Palma

The Day of the Dead (Dia De Los Muertos) is a special day to honor loved ones that have passed away. Although Dia De Los Muertos originated in Mexico, the yearly tradition is celebrated all over Latin America on November 1st and 2nd. On Dia De Los Muertos, we share food, drinks and stories with our family and friends. Families would begin the day by setting up alters to welcome spirits back to realm of the living. These alters also called ofrendas are set up in family homes or cemeteries. On the ofrendas, we place food, water, candles, flowers and pictures of the deceased person. In some cases, toys are placed on the alter for children that have passed away as well. While death may be a sad event, Dia De Los Muertos is a vibrant tradition for people to cherish the life of their loved ones by cooking Bollos, Tamalitos, and other traditional foods to share with the neighborhood. We encourage Galen Eagles to celebrate the life of their loved ones and enjoy Dia De Los Muertos in the upcoming days.



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 HALLOWEEN
COMPETITION !**

SGA PRESENTS :

**A SPOOKTACULAR HALLOWEEN
COMPETITION!**

CATEGORIES :

- MOST CREATIVE (ANYTHING HALLOWEEN THEMED)
- MOST ORIGINAL
- MOST POPULAR (To be considered for this category pictures will be posted on social media)
- BEST DRESSED TEACHER

(FOR MORE DETAILS ON CATEGORIES, PLEASE FIND ATTACHED THE CRITERIA)

**\$50 WORTH OF PRIZES
FOR EACH CATEGORY**

**DEADLINE FOR
SUBMISSION
OCTOBER 30**

SUBMISSIONS WILL BE
ACCEPTED VIA THE GALEN SGA
SOCIAL MEDIAS, AND ALSO VIA
THE GALEN SGA EMAIL



HERE'S A FEW THINGS TO KEEP IN MIND:

1. BEST DRESSED PROFESSOR:

- We invite every professor at Galen to participate this year.
- Each costume entry will be judged carefully so professors must put in the effort to be the best dressed.
- You must take a snapshot of your masterpiece and send it in to enter.
- To be more inclusive, you are allowed to submit any past Halloween picture you may have saved.

2. MOST CREATIVE:

- This year we want to help bring out the level of creativity that Galen students have.
- Under this category, we want to see how you put your creativity to play.
- Whether it be a Halloween themed decorative door, pastries, a Halloween theme poem, A Halloween themed painting or even themed make-up. Essentially, it's anything Halloween themed and you decide what and how you want to do it.
(Disclaimer: It is not limited to those mentioned above)
- Make sure to send in a snapshot of your masterpiece to enter the competition.

3. MOST ORIGINAL:

- This category is for the most original *costume*.
- Your creativity also plays a role here because this shows how unique and in essence how original you are.
- Remember this is the most original costume, so make sure to show personality with your costume and don't blend in!

4. MOST POPULAR:

- Participants from the Most creative & most original will be selected to enter and will be posted on our Instagram account. *(With Consent from participant)*
- Essentially the person with both the most likes and the most comments will win.
- For an entry to be successful make sure to be following our Instagram page (@galen_university_sga) We will be checking!
- You must comment "WIN" under the contestant you voted for.



Deadline for Submissions is October 30, 2021
Please enter all submissions using our social media platforms (Instagram and Facebook) and via our email @ SGA@galen.edu.bz

Resume/ Cover Letter & Interview Workshop

This workshop will present:

- Powerful and effective formatting
- Tailoring to the job
- Helpful tips for interviews
- How to prepare for interviews

November 2 & 4

5:00pm - 6:00pm



Via Google Meets

BRING A ROUGH DRAFT OF YOUR RESUME/ COVER LETTER



Office of Student Affairs
www.galen.edu.bz



NOV. 2

Resume/ Cover Letter
Presenter



NOV. 4

Interview
Presenter