

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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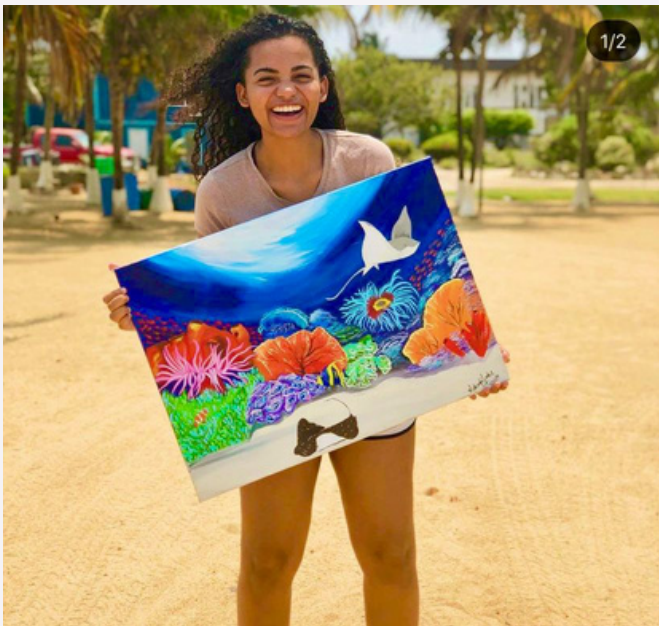
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Meet Lady Eagle

Makayla Leslie



As a small business owner, I take much pride in what I do. From a very early age, I have found myself intrigued by art and fascinated by anything dealing with such artwork. I grew up in a business-oriented family, particularly with women who are very driven to achieve their goals. Seeing how those women could create a business, run it efficiently and make a good living from their work has inspired me to become an entrepreneur as well. My small business, Art and Unwind, is all about creativity, fun, and having a wholesome experience with your friends or family. I can facilitate 24 individuals, providing them with all the necessary equipment and support needed to create their masterpiece. Of Course, what would be art without a little bit of wine and hors d'oeuvres throughout the night to help spark their creative side. I have only just started my small business, but it is something I hope can continue to grow and, soon, become a service around our beautiful country of Belize.

Although I already have a small business and know what I desire to accomplish, enhancing my knowledge can help both myself and my business grow.

This is why I chose to attend Galen University- to grow my business. I have just started this semester, but I have already learned so much new information that will help and guide me along with my personal and professional carrier. I believe that I already knew my path, but Galen is preparing me for the obstacles I may face on this journey and guiding me in the right direction to make the appropriate decision in life. As a Business Administration student, I am confident that I will depart Galen University with the life skills required to become a successful entrepreneur that will be successful with Art and Unwind and any other business I venture into in the future.



Dame Minita Gordon Scholarship Recipient

On October 21st, Her Excellency Froyla Tzalam, Governor General of Belize presented the Dame Minita Gordon Scholarship to Lady Eagle- Casiana Lind. The Dame Minita Gordon Scholarship represents an opportunity for young women like Casiana to further their education and become role models to other females that want to develop education in Belize. Galen University and HE Froyla Tzalam acknowledged Casiana's accomplishment as the pioneer of the Dame Minita Gordon Scholarship. Casiana, the first recipient of the scholarship, expressed that she feels honored to carry on the Dame Minita Gordon legacy and make a difference in the world. We welcome Lady Eagle-Casiana Lind to the Galen Family and wish her the best on her journey to higher education.



Student Testimonies

Acknowledged as one of Belize's best, Galen University has been and remains an institution excelling in all areas ranging from athletics, facilities, and most importantly academics. Altogether, these factors played a vital role in my decision to choose Galen University in a broad aspect. My determination to become part of the Galen Family is due to a long-time aspiration of mine to attend this prestigious university since I had the firm background needed to excel tremendously. Additionally, the University's academic program of Economics influenced my decision to choose Galen University as the major that would significantly develop my career path.

As of September 2021, I have been a student at Galen University for one academic year. My school experience so far has been very interactive, varied, and accommodating. Attending Galen University for over a year has created many personal advantages for me. As an organized individual, I enjoy the diversity I have witnessed in the virtual setting from both teachers and students. Some of the things I enjoy about Galen University are the student raffles and discounts. Most importantly, I value and respect the level of education I've experienced and acquired so far. - Azena Reid



My name is Isaac Ifeanyichineke and I am a first-year student at Galen University. I am currently pursuing my Bachelor's Degree in Accounting. I chose Galen University because of the reputation it has for providing the best quality education. Galen University has produced some of the finest alumni in this country. Galen University encourages entrepreneurship and it so happens to be that my ultimate goal is to become an entrepreneur. I also have short-term goals in accounting. I knew that if a university would help me get to where I wanted to be, it would be Galen.

My experience so far at Galen University has been remarkable. The educators are exceptionally qualified, and they make the learning experience a splendid one. The entire faculty works hand in hand to guarantee the success of the students. Also, it seems as though prompt replies are a priority at this institution since whenever I pose an inquiry through email or text, I receive a timely response. Little things like those add to the satisfaction of being a student at Galen University. Despite being physically absent from campus and learning via online platforms, I feel very much involved as though I were there physically. This school is in the best interest of its students and this is one of the many reasons that I am a proud Eagle. I look forward to earning my degree here at Galen University. -Isaac Ifeanyichineke





SETTING YOUR PACE and staying the course

A life of routine - we all have one.

The morning alarm, our usual breakfast spot, clocking in, getting ready and then taking on the day. To some degree, most of our days have a regular pattern. After some time, it can begin to feel sluggish and repetitive.

Here are a few tips on how to avoid getting lost in the minutes and take control of your day:

Set daily goals

This can be done the night before or even over your morning coffee. Identifying tasks you want to complete during the day helps you to keep focus and move with purpose. These can be small items like responding to an email or bigger ones like finishing a report. You can choose to write them down or take a mental note; the important thing is to identify what you want to accomplish for the day and work towards it.

Create your ideal headspace

It would be wonderful if we could wake up every day with a happy, outgoing attitude that is ready to take on the day; this would make even the hardest task seem a bit easier. The truth is, there are days when we don't feel motivated and being cheerful doesn't automatically happen. Rest assured, this is completely normal. While we may not have control over how we wake up, we can control how we continue. A change of scene on a morning walk, or burning some calories in an early work out can help to boost our mood. By turning our focus to something upbeat and positive, we allow our minds to get in that space. The next time you wake up not feeling your best, give it a try.

It's amazing what getting ready to our favorite playlist can do!

Remember your WHY

Whenever things get a bit hectic or seem overwhelming it's very important to remember the purpose. There will be days when we get discouraged or frustrated, maybe even times when we question if what we are doing is worth the trouble. In these times, we must visualize the big picture and not focus on the temporary setbacks. Looking back on our proudest moments we can easily note that the accomplishments we treasure the most are the ones we earned by pushing through. The challenges we face help our victories to be even greater. When facing a difficult situation, take a moment to reflect on why you decided to take on this challenge. Is it something that will help you be a blessing to someone else? Will this help you to achieve a goal you've set for yourself? Are you making a positive impact by doing this? If your answer to any of these questions is yes, then keep going. Remember your reason for starting and aim for a proud finish.



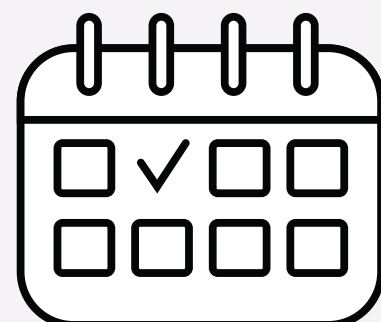
Important Dates

November 8-13: Registration period(registration available; add classes)

November 15: Deadline to submit Graduation Application Form for those completing their programs in December 2021, April 2022, and July 2022.

November 19: Garifuna Settlement Day

November 27: Withdrawal period with a with a 'WP/WF'(withdrew passing/withdrew failing) with financial penalty ends.



Events

16 Days of Activism against Gender Based Violence



From November 10 - November 25
is the International Day for the
elimination of VIOLENCE against
men and women.

Office of Student Affairs
www.galen.edu.bz



JOIN US

 Via
Google Meets



Movie Night

Nov. 12 from 5pm - 6pm



Panel Discussion with Guest Speakers

Nov. 18 from 5pm - 6pm



Wear ORANGE to show your support against gender based violence and send us your picture so that it can be featured.