

THE GALEN TIMES



“Trust yourself, you know more than you think you do”
Benjamin Spock

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December Greetings

Hello fellow Eagles!

The Fall semester is coming to an end and we are now entering Finals week. These past few months have passed like a breeze and the end of 2021 is right around the corner. We wish everyone a successful Finals week. We encourage you all to take good care of your mental health to avoid challenges during exams.

Let's finish the year strong, Eagles!

8 Tips for Final Exams

As we approach Finals week, it can be helpful to maximize your efficiency strategies. Although the end of semester exams might make some students nervous, this is the time to test what our Galen Eagles have learned in class. With that said, here are 8 tips to help you prepare for final exams:

- Study notes in a quiet place
- Ask professors for clarification on chapters taught
- Review tests, quizzes, and Mid-term exam
- Find a study partner
- Be confident
- Stay focused
- Follow the study guide, if provided.
- Relax



Setting Your Own Standard

“We achieve what we pursue wholeheartedly”
- Monique Moguel

Who are you? What moves you? What do you stand for? These are all questions that take us to a deep place within ourselves, a place we often avoid. Our identity and values are a reflection of the ideology we choose to subscribe to. Throughout our lives we encounter people from different backgrounds, who have a variety of goals and motives. Some of them we like and befriend and others we try to avoid. For whatever reason, the path they choose in life plays a role in whether we want to include them on our life journey and establish a relationship with them.

We all have a certain category of people that we choose to engage with; the funny crowd, the healthy crowd, the rich crowd....., a combination. Something about them appeals to us and we want to get closer and know more. The truth is, what attract us to those people is an element of ourselves that we can see in them. Whether it is a familiarity of where we are now, or a hint of a goal we are working towards, the traits we see in those people cause us to want them in our lives. Knowing this, we should set and seek out high standards for ourselves. We should make a conscious effort only to exude and attract the best qualities, so that our lives can reflect that.

Circumstances and social conditioning shouldn't matter. We all have the right to be whatever version of ourselves we choose to. Why not be the best version?! Identify the elements of life that you value. Try to incorporate them in your day. Train your mind, your mouth, your heart.... train all of you to seek out and become the very best! If anyone deserves it, YOU DO!





The Galen Hour Season Two



Lady Eagles represent Belize in the Central American Championships

2021 FALL SEMESTER IN REVIEW



George Cadle Price Scholarship



Dame Minita Gordon Scholarship

Here's To Academic Excellence in 2022

By Adrian Palma



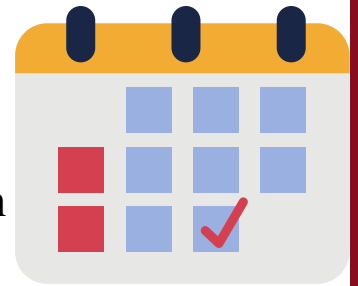
As time ticks away on the Fall semester and 2021, sweet and life-changing memories carry on in our hearts. Although 2021 marked the second year of distance learning at Galen, students continue adapting to the dramatic shift of the learning environment. As I reflect on the academic year, it is clear that Galen University has taken the lead to provide new opportunities and high-quality courses to students. This institution created platforms for Galen Eagles to achieve their dreams and excel in their professional journey to academic excellence through the George Price and Dame Minita Gordon scholarships.

These platforms enable students to sharpen their intellectual capabilities despite limitations such as financial constraints. Also, Galen University announced to offer new courses such as the Masters of Science in Development Studies that will equip students with the necessary skills to tackle social, economic, and sustainable development challenges in Belize. Ultimately, the scholarship opportunities and advanced courses will attract students with the best minds and potential to our prestigious Galen family. With that said, I am proud to call myself a Galen Eagle because our university has surpassed the expectations many Belizeans have towards Galen's reputation.

Shifting gears to Galen Eagles, the semester has challenged our learning abilities and emotional intelligence, but we must remain triumphant to the end. Regardless of the challenges in our personal and work life, students have excelled throughout the semester. As I read each issue of the Galen Times, I was impressed to see Lady Eagles representing Belize in tournaments and other Galen students who are using the acquired knowledge and skills to start their own business. I encourage students to stay focused and continue raising the academic bar so that future Eagles will aspire to climb higher than where we are. With all the excitement in 2021 at Galen University, I cannot wait to find out what the next year will offer to Galen Eagles. In short, let us look forward to a new year filled with success and new learning experiences for all students at Galen University.

Important Dates

- December 6 to 10 - Exam Week
- December 13 - Holiday Break for Students begin
- December 24 - Christmas Eve
- December 25- Christmas Day
- December 26- Boxing Day
- January 1- New Year
- January 10 - First day of 2021-2 Spring semester



*Happy
Holidays*