

THE GALEN TIMES

"Your goals are the roadmaps that guide you and show you what is possible for your life" - Les Brown



Welcome back Eagles!

Summer semester is here and we know that all our Galen Eagles are excited and thrilled for the journey ahead. All students are encouraged to work hard and bring their A game to class. With that said, we hope you enjoy reading this issue of The Galen Times.

In this Issue:

- Different Perspectives
 - Train Maya
 - Marijuana Referendum
- Why Show Eagle Pride?
- Time Management Tips
- State of Emergency
- Important Dates
- Events

Different Perspectives: Train Maya

In this section of The Galen Times, we will discuss critical issues, challenges, and events that relate to Belize.

Have a perspective on a current issue? Send your opinions and views to apalma@galen.edu.bz
(Economic, Education, Criminal Justice, International Business etc)

Let us look at Train Maya, a Mexican project, which could provide a major benefit to Belize and the tourism sector. The project is an intercity railway that will transport tourists throughout historical Maya monuments along with other renowned destinations in Mexico. The train will take off at Chiapas and head towards Cancun. Interestingly, the Prime Minister of Belize, John Briceno has proposed for Belize to be included as a destination on the Train Maya route, stopping off to drop tourists at the border. In an interview, PM Briceno explained that if Belize was to link with Train Maya, various facilities would be set up at the border where tourists would enter Belize. What facilities do you believe is needed in Corozal to attract tourists into our side of the border? If tourists enter Belize, what can the northern districts do to compete with popular destinations such as San Pedro and Caye Caulker? Do you think the Corozal seaside is an area where entrepreneurs can create a must see tourist destination?

Additionally, we know that apart from a beautiful destination, some tourists are looking for affordability. Therefore, do you see the possibility of Train Maya taking away tourists from Belize due to cheaper prices in Mexico? Do you believe that inflation will have a serious impact on the average tourist's decision to cross over to Belize? With this initiative, we see that Mexico and Belize are improving their bilateral relations and focusing on increasing economic activity in the region. Given that Train Maya will provide a new and exciting experience of the Maya sites, do you foresee Belizeans travelling to Mexico on the holidays instead of spending money locally? Interestingly, with Train Maya travelling close to our northern border, do you expect more hotels and restaurants to open up in Corozal and Orange Walk? If yes, how will this affect the competitive nature between tourists choosing to enter Belize or remaining in areas such as Chetumal or Cancun? Overall, how will this project affect our local tour guides, hotels, and other employees in the tourism sector? What can the Government of Belize along with the tourism sector do to remain competitive once Train Maya officially starts off?

Marijuana Referendum

Let us look at one of the popular and ongoing topics in Belize, the Marijuana Referendum. A referendum can be defined as a process where the voting population casts a vote on a critical decision in a country. Currently, that critical choice is whether the government should legalize marijuana and introduce the hemp industry in Belize. In 2017, the government amended the Misuse of Drugs Act which allows Belizeans, 18 years and older, to possess no more than ten grams of Marijuana on private premises. This amendment was the starting point for a widespread public discussion on the possibility of legalizing Marijuana in Belize and if it will provide economic benefits or social problems. Nevertheless, the Government of Belize (GOB) introduced a bill on July 2nd 2021 to formalize licensing, purchasing, and registration for cultivating and distributing cannabis goods. Immediately after GOB presented this bill, there was a surge of opinions presented on social media about the hemp industry in Belize. The government's position is that the hemp industry can provide new opportunities for economic growth in Belize while the Belize Council of Churches questions how the legalization of Marijuana will affect the youth population of Belize. What are some economic benefits and social problems that could arise from the legalization of Belize? Do you believe that the benefits outweigh the detriments of legalizing Marijuana? Moving on, the National Evangelical Association of Belize (NEAB) and the Belize Council of Churches attempted to trigger a referendum so that the voters can give their opinion on the Marijuana bill.

Since then, the churches have managed to collect 20 thousand signatures on their petition for a referendum and they have submitted it to the Governor General for review. Do you believe that a referendum should be done on the legalization of Marijuana, yes or no? Why do you take that position? If a referendum is called, what do you think will be the popular vote and why? Furthermore, we know that many gangs have had conflicts throughout the years because of marijuana and where it is sold. Therefore, do you foresee more or less turf wars with the legalization of marijuana? Interestingly, the legal aspects of a referendum must be considered as well. The Bar association of Belize has noted to the Belize Council of Churches and NEAB that a referendum decision does not obligate the government to make the decision that the people vote for. The results of the referendum will serve as a recommendation to the government from the people. In essence, do you believe that the government will act in accordance with the referendum results regardless if the outcome is not in their favored position? Ultimately, I ask, what is your position on the Marijuana Legalization bill?

Why Show Eagle Pride?



Since 2003, Galen University has offered a diverse set of programs to students with a mission to ‘provide excellence in education’ and ‘prepare students to achieve their goals’. Every year, new students sign up to study at Galen University, but do they know what it means to show Eagle Pride? As a Galen Eagle, it is my duty to explain why students should be proud to study at this university. While some people see this institution as just a prestigious university, we, the Eagles, know that Galen University is more than just a school, it is a family that strives for greatness. Galen University continues to explore new opportunities to enhance students’ experience in tertiary education despite the challenges of COVID-19. For instance, the university led the shift from face-to-face classes to a hybrid online learning approach when the pandemic was at its worse in Belize. The professors and technical staff at Galen ensured that students could still receive a valuable education regardless of the limitations created by the pandemic. Also, Galen University hosts a variety of events such as The Galen Hour, PEER Mentor Program, and Eagle Day. All these events provide a fun and inclusive learning experience to our students. Through these events, students find their inner voice, passion and lifelong friends which makes the journey to higher education enjoyable and worthwhile. Furthermore, Galen University has turned the dream of obtaining a degree into a reality for many students by granting scholarships to athletes and top achievers across Belize. Many students have graduated and excelled throughout their career due to Galen’s scholarship program. With all these accomplishments, Galen is the dream school for any student. Nevertheless, I have not mentioned the best aspect of Galen University, its students. The Galen students are passionate and self-driven about making a difference in the world with knowledge and innovation. The Eagles who have graduated, are now leaders in economics, education, business, environmental science, and even politics. Ultimately, our responsibility as Galen Eagles in school and after graduation is to listen, learn, and lead. With that said, I encourage students to show Eagle Pride because Galen University is the embodiment of success and leadership.

Time Management Tips

The Summer Semester has officially begun and students must be prepared to face rigorous workloads in their courses. Students need to submit their assignments on time and complete presentations and final projects. Some courses can be especially challenging if students have group presentations and do not know how to manage time effectively. Therefore, we have created a list of time management tips to help students excel during this semester.

1. Block out Social Media
2. Record all tasks with a deadline to complete each of them
3. Schedule a number of hours to work on each task
4. Prioritise tasks based on deadlines
5. Set reminders
6. Assign roles and responsibilities during group presentations
7. Avoid procrastination
8. Take regular breaks
9. Create a checklist for all assignments completed
10. Work fast but not carelessly



State of Emergency

A Poem by Monique Moguel



Broken, divided..... afraid.
We hid ourselves from others
thinking it would help.

No answers; we had no answers.
Chaotic life!

Racing minds and scattered plans
Everything we knew had shifted.
Change was cruel.

The future, so vague.
Time held an attitude.
The only sure thing was fear.
It was everywhere, in everyone.

Freedom was fleeting and
happiness felt so foreign.
Gone were the days when we just were.

Making plans to spend time became so difficult.
How did This happen?!

So much judgment.
Is it you? It can't be me!
Everyone, yet no one to blame.

The start was unnoticed
But here we are.
The entire world in red!

Broken families and
shattered systems.....
Life unrecognized and humanity at a loss.

And then, in cruel irony, the pandemic started .

Important Dates

May 10 - 27: Apply for practicum or internship

May 27: Graduation Fee (last day to pay for July graduation)

May 28: Practicum/internship application deadline

May 28: 2022-1Fall course schedule available for VIEWING

May 30 - June 4: Advising period for the 2022-1Fall Summer semester

Events:

VOLUNTEER OPPORTUNITY

Orientation Leader

(Fall 2022)

10
Spaces

What does an Orientation Leader do?

- Create a welcoming environment for new students
- Assist new students with their transition to Galen University
- Serve as a mentor for new students during Orientation Week

Deadline:

May 30, 2022

Sign-up now!


Interviews are
scheduled for
June 1 - 3

Office of Student Affairs
www.galen.edu.bz







GALEN UNIVERSITY

THE CITADEL



TRAUMA-INFORMED AND STRENGTH-BASED COUNSELING STRATEGIES FOR COUNSELORS, EDUCATORS, AND SOCIAL WORKERS

2-DAY WORKSHOP SERIES

Facilitators




Guy Ilagan
Ph.D. - The Citadel



Monica Manzur
M.Ed. - Galen University

Free of Cost
CPD Hours
Certificate of Completion

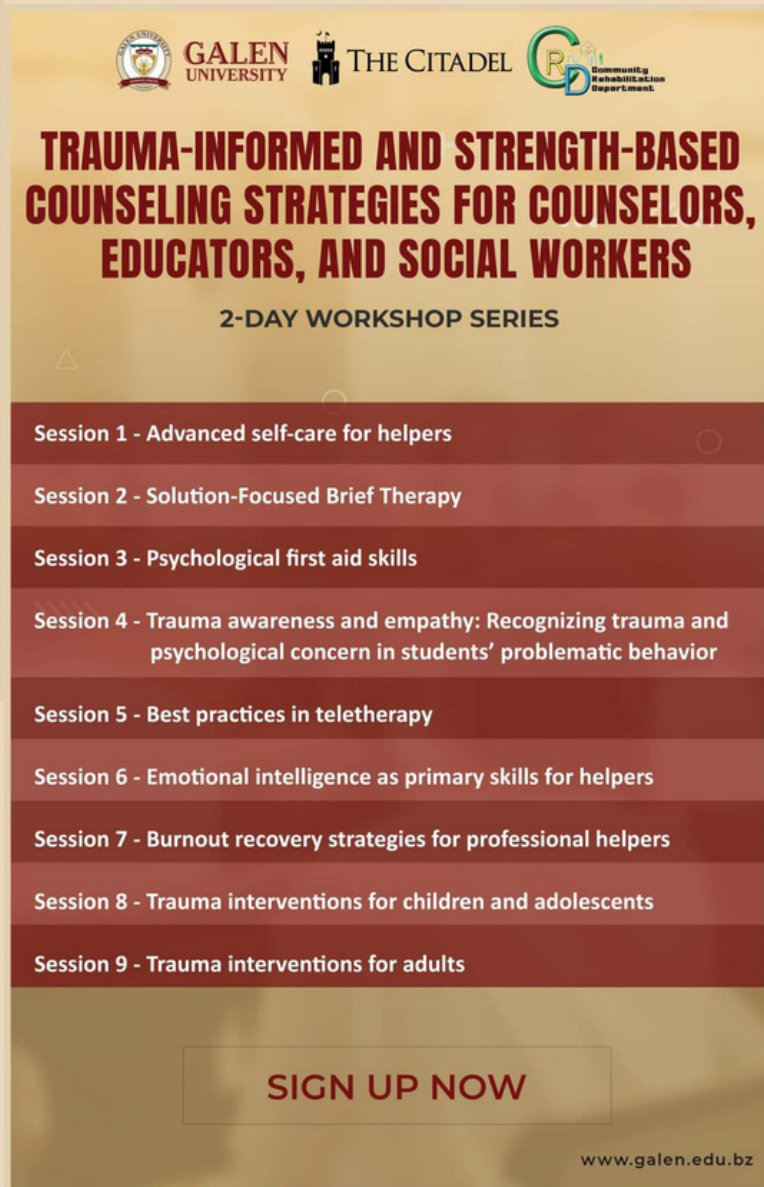
 




[SIGN UP NOW](#)

www.galen.edu.bz

DATES AND VENUES

- June 6 - 7** Muffles College High School
Orange Walk
- June 9 - 10** Galen University Belize City Center
BIM, Belize City
- June 13 -14** Stann Creek Ecumenical College
Dangriga
- June 16 - 17** Galen University
San Ignacio




GALEN UNIVERSITY

THE CITADEL


TRAUMA-INFORMED AND STRENGTH-BASED COUNSELING STRATEGIES FOR COUNSELORS, EDUCATORS, AND SOCIAL WORKERS

2-DAY WORKSHOP SERIES

- Session 1 - Advanced self-care for helpers
- Session 2 - Solution-Focused Brief Therapy
- Session 3 - Psychological first aid skills
- Session 4 - Trauma awareness and empathy: Recognizing trauma and psychological concern in students' problematic behavior
- Session 5 - Best practices in teletherapy
- Session 6 - Emotional intelligence as primary skills for helpers
- Session 7 - Burnout recovery strategies for professional helpers
- Session 8 - Trauma interventions for children and adolescents
- Session 9 - Trauma interventions for adults

[SIGN UP NOW](#)

www.galen.edu.bz

The Galen Eagles PODCAST Student Summer Series is out!

Tune in for Episode 3 Thursday, May 26, 2022 at 4:30 pm on Galen University's Facebook Page, Instagram, and Youtube Channel.

If you missed Episode 1 & 2, they are available on all Galen University Social Media Channels!



GALEN EAGLE
PODCAST
STUDENT SUMMER SERIES

EPISODE 3

Dating in University

ENYA LIZAMA
Anthropology Major, Galen University

MARISSA CERVANTES
Anthropology Major, Galen University



TUNE IN TOMORROW
AT 4:30 PM
GALEN UNIVERSITY
FACEBOOK, YOUTUBE
AND INSTAGRAM PAGES