

THE GALEN TIMES

"Everything you can imagine is real."- Pablo Picasso



A guide on how to study effectively

Encourage yourself to exercise your creativity by taking notes and creating a schedule. While it seems like a daunting project, a schedule/ note; will give you firsthand experience in writing, planning, management, and design.

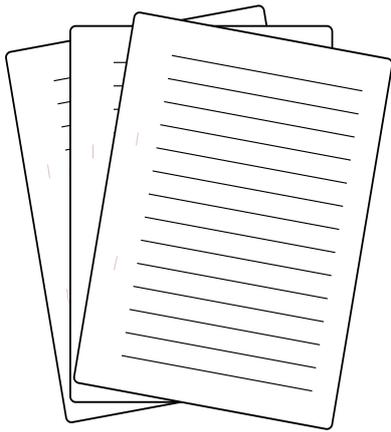
Start by coming up with a goal for your schedule's time. Ask yourself: What will you do? Which one is more important? How long will each task take?

Ask for suggestions on how to better achieve the goal you have placed on yourself. You can also pick your brain for ideas on how you can study and what method works best for you. Consider basic methods such as highlighting the most important sections on your readings, or even asking questions in the classroom. Aside from these methods, you can be as creative as you want with applying acronyms to remember certain academic material. Share your ideas with your friends, you may be able to help them too!



Other articles in this issue

- A guide on how to study effectively
- Importance of Study groups
- How anxiety works its way into your habits
- Events
- Important Dates



“Good writing is remembering detail. Most people want to forget. Don’t forget things that were painful or embarrassing or silly. Turn them into a story that tells the truth.” ~ Paula Danziger

Importance of study groups

As we approach finals, exams are soon approaching and it may be difficult for some to grasp the concept of what has been taught in classes. Therefore, we recommend finding at least one friend or classmate to study or collaborate with. You may be surprised that a study group can be an efficient way to bounce ideas and create long-lasting friendships.

Perhaps you can exchange numbers and work via Whatsapp group call. You can even do a google meets that will allow you to share your screen and give your friends the opportunity to see and understand what concept you are referring to.

However, be cautious to not engage in any form of cheating or plagiarism, but help each other understand.

How Anxiety Works Its Way Into Your Habits

If you suffer from anxiety, it's very likely that it has become a habit for you. Many of our behaviors have evolved to aid in the reduction of stress or even the fulfillment of emotional needs. Regardless if they aren't always beneficial to us in the long run. Our routines are made up of a warning and a behavioral loop. Anxiety can also be the cause of a habit loop, however, it also can be the result of one.

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The fun run was proof that with the right motivation, students can pull off major events at a short notice.

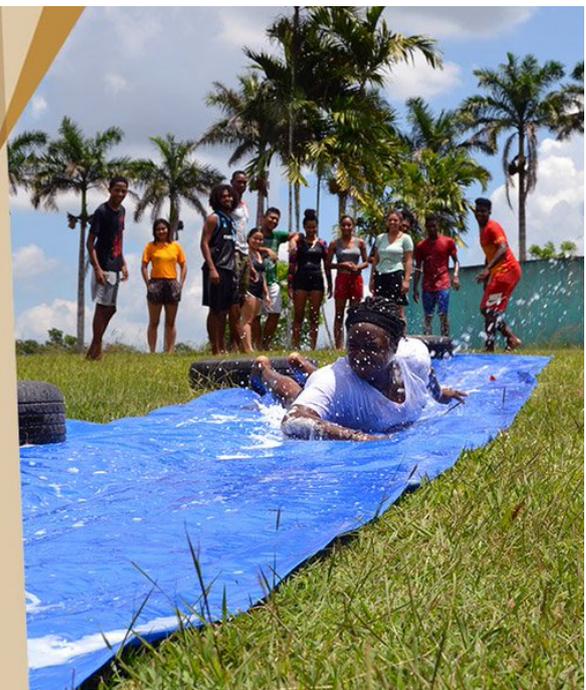
For more information, visit: https://greatergood.berkeley.edu/article/item/how_anxiety_hides_in_your_habits?

You must be careful of your anxiety-supporting behaviors once you've recognized them. If you're nervous and start worrying about the future:

- **Make a mental note** of the tightness in your chest the lump in your throat, and how little work you get done that afternoon.
- **Curiosity and mindfulness:** Instead of judging yourself for always being nervous or obsessing over the source of your anxiety, simply become curious. Ask questions like "What does it feel like, and where?"
- **Breathing:** Pay attention to your body's breathing sensations. Breathe into the spots where fear appears, and then exhale the anguish. Observe how things evolve.
- **RAIN:** Recognize and breathe into the current moment; Accept and enable it to be like that; Investigating your emotional experiences, feelings, and opinions; and Note what is going on.



Galen University



"Promoting academic excellence, sustainable development and lifelong learning"

EVENTS:

Interested in becoming a Galen Rotaract?

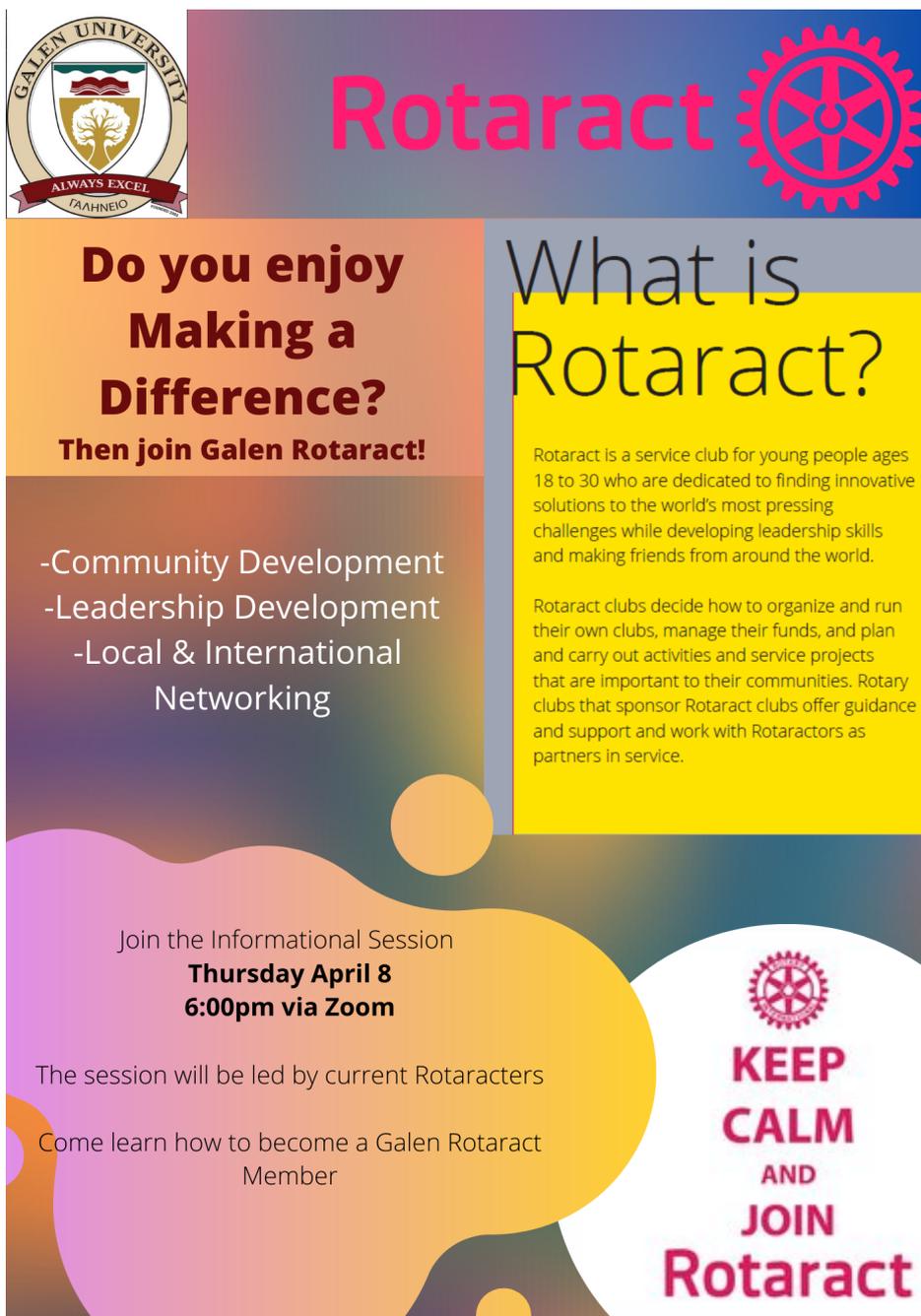
Join the Information Session with Rotaracters to learn about what it means to be a Rotaracter!!

The session will be on Thursday, April 8 @ 6:00pm

Sign up here to get the Zoom link

If you are unable to attend, but you are still interested, still sign up your name so that we can send you the information!

Don't miss out on this wonderful opportunity!



Rotaract 

Do you enjoy Making a Difference?
Then join Galen Rotaract!

- Community Development
- Leadership Development
- Local & International Networking

What is Rotaract?

Rotaract is a service club for young people ages 18 to 30 who are dedicated to finding innovative solutions to the world's most pressing challenges while developing leadership skills and making friends from around the world.

Rotaract clubs decide how to organize and run their own clubs, manage their funds, and plan and carry out activities and service projects that are important to their communities. Rotary clubs that sponsor Rotaract clubs offer guidance and support and work with Rotaracters as partners in service.

Join the Informational Session
Thursday April 8
6:00pm via Zoom

The session will be led by current Rotaracters

Come learn how to become a Galen Rotaract Member


KEEP CALM AND JOIN Rotaract



Cayo Sports Council

**Basketball Fundamental training
for U-14 Male and Female**

Register now

Call 610-5967

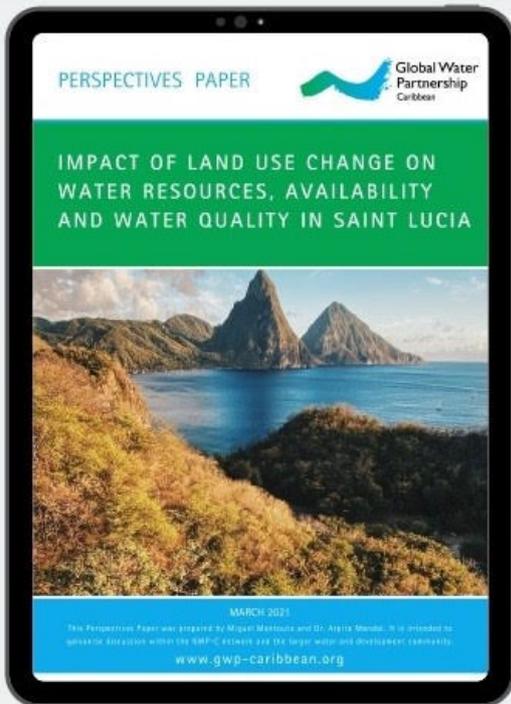
limited space available

March 29th to April 8th, 2021

Victor Galvez Stadium

**Look Out For Coach
Elvis Usher Jr. (ZUI)**



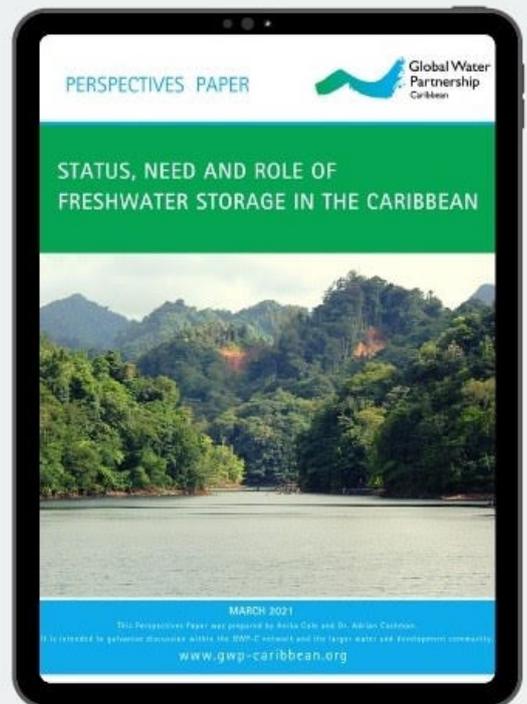


Impact of Land Use Change on Water Resources, Availability and Water Quality in Saint Lucia

This Perspectives Paper explores water resource matters that arise from land use activities and changes within watersheds in Saint Lucia. It covers pertinent issues such as land tenure issues; impact of agriculture and tourism sectors on the water sector; wastewater management and policy gaps.

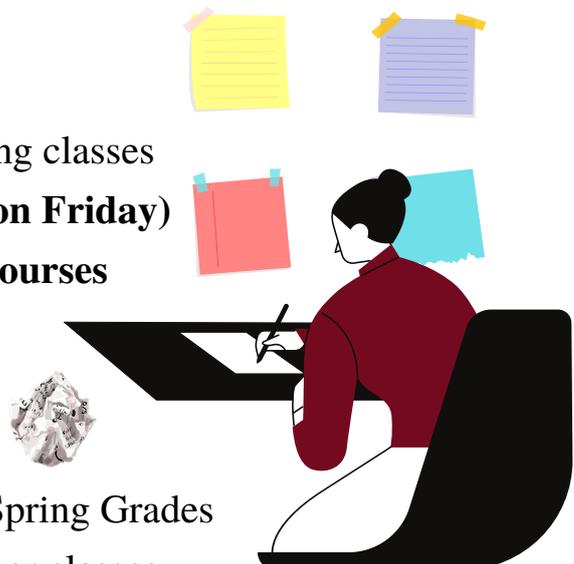
Status, Need and Role of Freshwater Storage in the Caribbean

Water storage is both a resource and a service and as such, forms an essential part of a country's water infrastructure. This Perspectives Paper gives a broad overview of the status and need for freshwater storage in the Caribbean, while highlighting current trends and initiatives related to water and regional development.



IMPORTANT DATES:

- **April 1st:** Easter break begins
- **April 5th:** Easter break ends
- **April 10th:** Last day of 2020-2 Spring classes (except for courses that only meet on Friday)
- **April 12th:** Last day of classes for courses that only meet on Friday
- **April 13th-17th:** 2020-2 EXAMS
- **April 17th:** 2020-2 Semester Ends
- **April 28th:** Distribution of 2020-1 Spring Grades
- **May 3rd:** First day of 2020-3 Summer classes



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