

# THE GALEN TIMES

“I've always loved the first day of school better than the last day of school. Firsts are best because they are beginnings.” – Jenny Han



## WELCOME EAGLES!!!

Welcome Eagles to the 2022 Spring semester! We welcome our new Eagles to Galen University and wish them an exciting and prosperous time with us. It's a new year and we hope everyone follows their goals in life and at school and never give up. Galen University is here to help support you every step of the way in your academic journey and career development. Look forward to events and activities planned by Galen and we encourage everyone to participate. We hope your transition to university life is a smooth one. Once again, we welcome all of you to the new academic year!

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# Do and be better in 2022

## The Power of Goal Setting

By Adrian Palma

As the new semester kicks off, students remain steadfast on achieving excellence in their university life. While Eagles await the excitement, challenges, and success to be born this year, we have listed three key goals to help them do and be better in 2022.

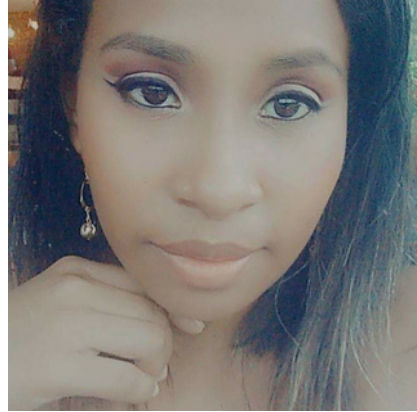
**Make a difference in your community-** living during the COVID-19 pandemic has been challenging for everyone, but the virus has affected some more than others in our communities. While our Galen Eagles continue their journey for higher education, we should all keep in mind the many Belizeans who are struggling financially and mentally due to COVID-19. Undoubtedly, people need assistance and we encourage students to be the change others need whether it is through words of encouragement or participating in any sort of assistance program. As the future leaders of Belize, our esteemed Eagles can start from now to make Belize a better place for all of us.

**Take control of your academic journey-** As the New Year unfolds, we all have expectations on what we hope to accomplish in our social and academic life. Particularly, Eagles should focus on their academic success. Although Galen University provides the tools and guidance for students to be innovators and leaders in society, our Eagles decide how to use the knowledge taught to them. It is important for students to look beyond the grades and concentrate on how their insight on a topic can become a breakthrough. With that said, we ask students to be open-minded and use the concepts taught in their classes to develop realistic approaches to problems pertaining to the environment, economy, education, business world and other fields of work. By applying the knowledge learnt, Galen Eagles can stand tall and claim academic success. Overall, we urge our students to use the skills acquired in the classroom to combat real life challenges.

**Strive for excellence-** For those Eagles that work or are entrepreneurs, ensure to do your best and sharpen your skills with every experience during this year. Use self-motivation and perseverance to push on and be a leader wherever you go. Regardless of the challenges that arise this year, we encourage Galen Eagles to stay on the path and move forward on their career aspirations. Also, we advise the full time students to develop a clear path of who they want to be in this world and to follow it persistently throughout 2022.



## Student Testimonial



### Indira Spain

My name is Indira Spain, and I have been an educator for over 13 years. Growing up, I had one very inspirational teacher who made me feel safe and understood, inspiring me to become who I am today. I became a teacher in hopes of bringing knowledge wrapped up in a blanket of love and joy to the children of Belize. I have learned through teaching that our children have so much more to teach us than we have to teach them. I have felt the triumph of watching my students win the big game (I am often the coach) and perform at the Bliss for the festival of arts (I am often the choreographer). I have felt tears sting my eyes as students graduated and moved on to newer and bigger things. In teaching, I have learned to be humble, strong, compassionate, passionate, and joyful.

My life at Galen University started in 2019, and a few semesters later, I was awarded an athletic scholarship and became a part of Coach Tarr's special eagles. This scholarship transformed my life tremendously, as, without it, I would not have been able to continue at Galen. Being awarded this scholarship fed my intrinsic motivation to continue on the path of excellence which is the foundation on which my whole self is built. I firmly believe that Galen saved my sanity in 2020 when the pandemic started. There was a period when everything was being shut down, and movements were restricted, and everything that I viewed, as usual, was thrown out the window. However, my beacon of light was the one thing that remained constant. At six every evening, I had a course that continued as per normal. I clung to those hours that reminded me of a time when all was right with the world.

I often daydream of what I would get to do as an athletic scholar. I usually allow myself to drift off into a world where everything is simple. A place where athletic scholars can play co-ed softball, and score goals. Where we can travel in Galen’s van late at night and get home with a smile on our faces because we won the trophy. However, this has been impossible and a real struggle for all of us who can’t help but dream of being on a pitch fighting to make Galen proud. I have had a tough time adjusting to life without sports. Sports has helped to shape so much of who I am that I somehow feel like a part of me is missing. I hope that we will soon see the light at the end of the tunnel.

My advice to other students is to, first of all, believe in yourself. When you struggle with academic-related, personal struggles or stress due to this pandemic, believe in your ability to persevere. Push through intrusive thoughts and stick to the goals you set for yourself. To my fellow athletes, it is important to remain mentally and physically strong. The time is fast approaching for our return to the pitch, so make sure you are ready.



Send us your testimonials at [studentaffairs@galen.edu.bz](mailto:studentaffairs@galen.edu.bz) and it may be featured in the next issue.

# The Legacy of George Cadle Price



Around the world, people celebrate the new year with the hope of a better future as the start of new beginnings. While many people will reach their goals and find the inner leader in themselves this year, we remind Galen Eagles to appreciate the first leaders that fought for independence-the freedom of our country from the United Kingdom's control. The birth of Belize was a formidable journey led by the now Late Right Honorable George Cadle Price. Price was born on January 15, 1919, in Belize City. George Price would co-found the People's United Party in 1950 and become the first Premier of Belize in 1964. As the first Premier, George Price began the journey towards independence. On September 21, 1981, Belize, a jewel in the Caribbean became an independent country, and Price would serve as the first Prime Minister of a young Belize. By leading Belize to independence, George Cadle Price accomplished one of the greatest achievements for Belizeans- placing the sovereign power of the country in the people's will. In essence, George Cadle Price devoted his life to serving Belizeans and developing our country into a prosperous place for the next generation of Belizean leaders.

Since September 21, 1981, George Cadle Price was known for leading the path to Belize's independence. Price became the father of the nation and served as Prime Minister for two terms. In 2000, George Cadle Price was the first person to receive the Order of National Hero-the highest honor in the country. The Right Honorable George Cadle Price contributed so much to Belize but passed away on September 19, 2011. Nevertheless, the father of the nation would forever be remembered for his achievements and dedication to our country. In 2021, the Government of Belize declared January 15th a public and bank holiday in the honor of George Cadle Price. Notably, Galen University collaborated with the Ministry of the Public Service, Constitutional and Political Reform to devote a scholarship named after George Cadle Price which would be offered to the hardworking public officers of this country every two years. In essence, George Price continues to make a difference in the lives of all Belizeans and as Galen Eagles, we should aspire to continue building our country just like the father of the nation did. May the legacy of George Cadle Price live on!



# Join a student club

rotaractclub.galenuniversity  
Rotaract Club of Galen University  
rotaract@galen.edu.bz



*You are learning in school, let's put that Knowledge to work!  
See how your knowledge can assist various communities!*

# JOIN US!

JOIN OUR CLUB TO BE THE CHANGE YOU WANT IN YOUR COUNTRY!  
THE YOUTHS ARE THE FUTURE RIGHT?  
LET'S PROVE IT!



## ECONOMICS CLUB

### Interested in Economics?

- ⇒ The Economics Club is here to create an engaging environment that will stimulate discussion and interest in current issues in economics locally and around the world.
- ⇒ The Economics Club offers its members fun socials, and volunteer opportunities as well!
- ⇒ Furthermore, this club will enhance your knowledge in the field and provide networking opportunities.

You have heard about the different clubs here at Galen, well, there is one for those who loves economics as well!

- ⇒ Membership in the club is available to all Galen University students, regardless of major.
- ⇒ This group will provide an affinity group to make and cultivate friendships among students.

**!** HAVE WE PIQUED YOUR INTEREST?  
THEN BECOME A MEMBER TODAY AND BENEFIT FROM OUR PLANNED EVENTS.



Contact Information: Janina Choj | ✉ jchoj@galen.edu.bz | ☎ 615-3998



## Come and join Galen's first-ever Environmental Club!

Our mission is to improve the livelihood of the Belizean people through environmental outreach, sustainable practice, and introduction to a greener lifestyle through environmentally-conscious practices."



**Goals**

1. To promote sustainable development education
2. To encourage social and environmental stewardship
3. To assist the community with environmental development and restoration



**Contact information**  
President: Aden Leslie  
Adleslie@galen.edu.Bz  
Or send us a message via our Instagram  
**@Galenenvironmentalclub2021**



## Journalism Club

Empowering creators to create   

**Are you interested in:**

-  Video editing
-  Reporting
-  Creating content

**BECOME A MEMBER AND LET'S CREATE!**

For more information, please contact [journalism@galen.edu.bz](mailto:journalism@galen.edu.bz)





**Galen University's**  
**COMPUTER SCIENCE CLUB**

COME AND LEARN  
Programming

APP DEVELOPMENT  
3D GRAPHICS  
GAME DESIGN  
Cyber-Security  
TEAMWORK  
PRACTICAL SKILLS  
Networking

JOIN UP!  
EMAIL DR. AGUILAR  
daguilar@galen.edu.bz

The poster features a central circuit diagram with a Galen University logo at its core. Lines connect various computer science topics to the center. The background is a light blue circle on a white background.



**JOIN OUR ANTHROPOLOGY CLUB 2021**



**SIGN UP!**

RKU@GALEN.EDU.BZ  
OR MESSAGE US ON FACEBOOK

ANTHROPOLOGY CLUB  
Galen University

The poster features a group photo of about ten people, mostly students, standing outdoors in a wooded area. Some are wearing blue t-shirts. The text is overlaid on a dark red background.



# Important Dates:



22 January	Last day to 'DROP' a class <b>without financial penalty</b>	After 23 January, you will be charged for the courses that you leave
24 January	Withdrawal period starts	<p>The first day to withdraw from a class with a 'W' (withdrew) with a financial penalty.</p> <p>The withdrawal form must be completed. It is available on the Galen University website:  <a href="https://galen.edu.bz/wp-content/uploads/2021/05/GALEN-Withdrawal-Form.pdf">https://galen.edu.bz/wp-content/uploads/2021/05/GALEN-Withdrawal-Form.pdf</a></p> <p>Fill out the withdrawal form and obtain all required signatures (student, advisor, and lecturer(s) before submitting it to the following email addresses: <a href="mailto:finance@galen.edu.bz">finance@galen.edu.bz</a> and <a href="mailto:records@galen.edu.bz">records@galen.edu.bz</a></p>
29 January	Last day to submit graduation applications for the July 2022 commencement exercises	<p>The graduation application date has been extended to this date. Any graduation application received after this date will be deferred to July 2023. Completed forms must be sent to <a href="mailto:graduationapp@galen.edu.bz">graduationapp@galen.edu.bz</a> and <a href="mailto:finance@galen.edu.bz">finance@galen.edu.bz</a></p> <p>This is your last notice concerning your graduation application for the July 2022 commencement exercises.</p>
Other	Academic Policies	The academic policies are posted on the Galen University website at <a href="https://galen.edu.bz/wp-content/uploads/2021/11/Galen-University-Academic-Policies.pdf">https://galen.edu.bz/wp-content/uploads/2021/11/Galen-University-Academic-Policies.pdf</a> . Please familiarize yourself with them. If any clarification is needed, please contact your advisor, dean, or the deputy registrar.

Follow us on our social media: Galen University

