

The Gwinnett Growl

A Student Life Newsletter



STUDENT PROFILE:

NICK CROWDER



Q: How would you describe yourself?

Students that I asked this question responded: "Bald, joyful at moments, cool, awesome, radical, wise." I'm a teacher, so I think they are kissing up.

Q: Do you have any children, hobbies, or pets?

Yes, two boys [who are] 13 and 14. Yes, I enjoy boating, going to church, and all things Disney. We have a cat and three dogs.

Q: What is your major?

I am getting my Master's of Education in Learning, Design, and Technology.

Q: What was the last movie you saw in the theater?

"Pirates of the Carribean: At Stranger Tides"

Q: What do you do most often when you are bored?

Try to come up with funny things to say on Facebook.

Q: What was the last song you sang when no one else was around?

"Yeah 3x" by Chris Brown

Q: What is the best day of the year?

Christmas Day

Q: What is your favorite thing about UGA?

The spirit of UGA football games and the professors.

If you would like to be featured in our Student Profile Section, please contact Danielle Parham at aparham@uga.edu

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UPCOMING EVENTS

COFFEE AND CULTURE

Time: 4 :30 pm - 6 pm
Location: UGA Lobby
Date and artist: Monday, January 23: A Do
Thursday, February 2: Nicolai Tanev
Wednesday, February 8: Greg Clinton
Monday, February 13: Musicsmiths

HEALTHY HABITS -- STRESS RELIEF

Join us for FREE chair massage and stress relief information.

Time: 4:30 pm – 6:30 pm
Location: UGA Lobby
Dates: Wednesday, January 25
Tuesday, January 31
Monday, February 6

HEALTHY HABITS -- YOGA

This yoga class is appropriate for all skill levels and is free for students who pay their activity fee. All classes can be attended for only \$20 for non-fee paying students, faculty, staff, and spouses/partners. Payment is assessed online by clicking [here](#).

Time: 9 am - 10 am
Location: Room 149
Dates: January 28
February 4
February 11

LEADERSHIP UNLEASHED--"DOES YOUR RESUME TELL YOUR STORY?"

Check out the latest post on UGA's Leadership Unleashed blog. It offers a valuable perspective on why it is important that your resume is not only updated, but that it accurately communicates the essence of who you are professionally. Be sure to click on the link provided in the post to view a great example of a resume makeover!

DAWGGONE GOOD DEAL

Going to eat at restaurants is a great way to treat yourself, your friends, and family to a fun and relaxing time. Many of us do not get to do this as often as we would like because of the escalated prices of most restaurant menus. Here's a great way to cut down on the cost of going out: Log on to Restaurant.com, plug-in your zip code, browse the participating restaurants, and purchase a discounted gift certificate. Then you'll be set to enjoy an affordable night out!

BRAVO TO UGA GWINNETT BOOKSTORE



The Office of Student Affairs applauds Victoria Vandecar for representing the superior service provided to UGA

Gwinnett students through the Gwinnett Campus Bookstore.

Victoria is the store supervisor of the bookstore. She was recently "secret shopped" to test her standards of service and she received a score of 102 for a perfect shopping experience. Additionally, Victoria maintained a 100% when she was "secret shopped" during fall semester 2011.

HAVE A HEALTHY 2012

Looking for a good cause to support and promote health and well-being during 2012? Here is a list of health awareness topics that are observed in the month of:

January:

- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Glaucoma Awareness Month
- National Radon Action Month
- National Stalking Awareness Month
- Thyroid Awareness Month

February:

- AMD/Low Vision Awareness Month
- Heart Month
- International Prenatal Infection Prevention Month
- National Children's Dental Health Month

**Source: 2012 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.. For a complete calendar, click here.*

TRAIN YOUR BRAIN TO BE HAPPY

Your level of happiness can have a powerful affect on your overall health and well-being. Happy feelings not only improve your ability to cope with stress and fight off illness but they make life better living! Here are a few tips to take control and train your brain to be happier:



Listen to Music – Listening to a favorite song causes your brain to release dopamine, which will get you feeling good quickly.

Surround yourself with happy people – Happiness is contagious. Being around happy people will encourage you to see the brighter sides of life.

Talk positively to yourself – Often you are your own worst critic. Your inner voice should be more encouraging and less criticizing.

Connect – Keep in contact with the people you care about and work to maintain those relationships.

Keep a gratitude journal – Recording what you are thankful for can sustain an optimistic attitude.

Exercise – Physical activity is a proven mood booster.

Meditate – This will decrease your stress and increase your happiness.

Help Others – Volunteering to help others is a meaningful experience that can add happiness to your life and the ones you help!

Go outside – Setting aside time to appreciate the beauty of nature is simple way to bring happiness and joy your way.

**This information has been paraphrased from YOU Docs Daily blog of RealAge.com.*

BONES TO GNAW ON

- Become a fan of Gwinnett Campus Student Affairs on Facebook and/or follow us on Twitter (GwinStdntAffrs) to receive up dates on weekly and one-time events so you can make sure to mark your calendars!

-The Office of Student Affairs always encourages feedback and input from our students. After all, we are here for you! Let us know if there is a service you would like to see our office provide to students. Email us at sagwinn@uga.edu.

