



The Buzz

October 2010

Mid-Semester (Fall) Break

The college's mid-semester break is scheduled for Monday and Tuesday, October 11 – 12. Regular classes will not be held. Accelerated classes are in session. The residence halls **will not be closed** for mid-semester break.

Dining hours will operate on a weekend hour schedule Saturday through Tuesday from 11:30 am to 6 pm during fall break.

The GMC Express will run during fall break on an as needed basis. Students who need to travel between GMC and the train station will need to contact Public Safety at ext. 300.

The Campbell Solution Center will be open regular hours during fall break:

Monday & Tuesday: 8 am – 5 pm

Lourdes Library fall break hours are as follows:

Saturday, October 9: 10 am – 5 pm

Sunday, October 10: Closed

Monday – Tuesday, October 11, 12:
8:30 am – 10 pm

The Academic Resource Center (ARC) fall break hours are as follows:

Monday – Tuesday, October 11, 12:
8:30 am – 4:30 pm (by appointment only)

Vacation Breaks

The residence hall complex is officially closed for the following break periods on the academic calendar:

Thanksgiving

Wednesday, 11/24 10 am – Sunday, 11/28 12 noon

Winter Break

Tuesday, 12/21 10 am – Wednesday, 1/12 12 noon

Spring Break

Saturday, 3/5 10 am – Sunday, 3/13 12 noon

Easter Break

Thursday, 4/21 10 am – Monday, 4/25 12 noon

Summer Break

Tuesday, 5/10 10:00 am

*Please note: Residents must leave the residence halls **24 hours after their last exam** at the end of the Fall and Spring semesters.*

The following are guidelines regarding College break periods:

- The residence halls will accommodate international students during all breaks
- The residence halls will accommodate residents who live beyond a 300-mile radius of the College during Thanksgiving and Easter breaks only

(continued in next column)

- If a resident needs to remain on campus for **any College-related purpose** during any break, he/she is to fill out a request form according to the posted date, which is generally one week prior to the break period.

Request forms can be obtained in the Office of Resident Life (132 Loyola Hall)

- Requests are generally not granted for break accommodations for non-College related reasons. However, those for whom an exception is made are subject to a fee of \$20.00 per night.
- Overnight guests are not permitted during breaks
- Residents responsible for violating housing/college policies during a break period will have to find other accommodations for the remaining break period, and will not be allowed to reside in the residence halls during future breaks
- Residents on disciplinary probation will not be allowed to reside in the residence halls during break periods
- There may be limited / no food service or shuttle transportation for residents remaining on campus during these scheduled holidays

IMPORTANT NOTE: With the exception of athletes completing their season, graduating seniors, and those volunteers selected to assist with graduation there is a daily/weekly housing charge for all residents approved for break housing during the end of spring semester/start of summer I session break period.

Dorney Park's Halloween Haunt Trip

Friday, Oct. 15th

Don't miss this year's Dorney Park Halloween Haunt trip! Tickets will go on sale beginning Monday, October 4, 2010. Transportation will be provided - depart GMC at 6:00 pm. A \$10 deposit is required to reserve your spot.

See Jen (x173, Loyola 139) or Michelle (x205, Alexandria 130) for details.



Campus Health Center

It's that time again. Cold and flu season is upon us and **good hand washing** is your first defense.

Correct hand washing:

- Wash your hands in warm water, use soap and lather up for 10-15 seconds
- Make sure you get in between the fingers, under the nails, and wrists
- Rinse and dry with a clean towel

If you do suffer from cold or flu get plenty of rest, increase fluids, and wash your hands. Take over the counter remedies to treat your symptoms. If symptoms worsen or last longer than 7-10 days stop by the Campus Health Center.

The Campus Health Center will be offering the **flu vaccine** on Monday, October 18 from 11:30 am - 4:00 pm (while supplies last) in the Glass Lounge in St. Brigid Hall. No appointments will be taken. The cost will be \$20.00 cash or check payable to GMC. Receipts will be issued. Questions?? Call ext. 306.

October Common Hours

10/6 Make your Own Custom Yearbook
St. Bernard #14

Learn how to add pages to your yearbook yourself!

10/6 Study Abroad for GMC Students
Merck Auditorium

The Office of Academic Affairs hosts representatives from Arcadia University Study Abroad Program. GMC students will also share about last year's study abroad trips to Australia and South Africa.

10/13 Trip to Ghana, West Africa
Julia Ball Auditorium

A presentation from a conference in Accra, Ghana on Developmental Psychology issues and Medical/Physical consequences of prematurity in select Africa Counties. Learn about "Slave Castles", service work at Women in Progress and Global Mammias.

10/13 Aldersgate Healthy Relationships and Dating Violence
Merck Auditorium

Program focusing on raising awareness around the potential dangers of unhealthy dating relationships.

10/20 Academic Majors Fair
Special Time: 12:30 – 3:30 pm
Waldron Board Room

Learn about all the majors offered at GMC.

10/27 "Hoots Chalk Talk" Steroid Abuse
Julia Ball Auditorium

A powerful testimonial by alumni Donald Hooten dedicated to educating youth and adults about the dangers of performance enhancing drugs.

**10/27 Honors Event Program:
Discovering the Original Frankenstein**
Location to be announced

Dr. Charles Robinson, English professor from the University of Delaware and scholar of English Romanticism, will share his adventures and discoveries in preparing his revealing edition of Mary Shelley's classic horror story.

Health & Safety Inspections

Anyone who had candles, halogen desk lamps or other items removed from their rooms during health and safety inspections may pick them up in Loyola 132 to take home over Fall Break. Items not claimed by Thanksgiving will be disposed.

The Staff of Counseling Services...

Counseling Service staff is committed to supporting students in accomplishing educational goals. We do so by assisting in identifying your strengths, supports and resources which will aid in resolving problem areas you may be experiencing.

Counselors can help you to explore feelings and ways of thinking about the world; to reflect on patterns of behavior; and, to work toward making healthy changes. We offer a safe atmosphere for students to further personal growth. In addition, to supporting the development of the whole person, Counseling Services also serves the larger GMC community by facilitating educational programs regarding mental health and wellness.

Counseling Services are free and confidential. Please contact us by phone or email to schedule an appointment, walk-ins are welcome, or to get more information on upcoming events.

Office hours are Monday - Friday 9am to 6pm.
Counseling Staff:

Jeanne McGowan
(215)641-5571 ext571
Mcgowan.j@gmc.edu

Dan Jordan
(215)646-7300 ext427
Jordan.d@gmc.edu

Gwen Zarkowski
(215)646-7300 ext 395
Zarkowski.g@gmc.edu

Erin Paraskewik
(215)646-7300 ext 408
Paraskewik.e@gmc.edu

Coming Events (all information is on the portal):

- * Tuesdays/Thursdays:
Weekly Nursing Support Groups
- * Tuesday, 9/28: Relationship Quizzo
- * Wednesday, 9/29: Zumba Fitness Party
- * Friday, 10/8: National Depression Screening
- * Wednesday, 10/13: Common Hour
"Healthy Relationships and Dating Violence"
- * Wednesdays, 10/20-11/10: Journey Through Loss



**The Office of Resident Life
wishes everyone
a safe and healthy fall break!**