

Hi Hunter,

See below for important information, updates, and event details for this week.

Thanksgiving Break Next Week!

Please note that the College will be closed from Wednesday, November 24 to Sunday, November 28. The College will reopen on Monday, November 29.

Please note that there will not be a Carroll Claw next week. We'll resume on November 29!

Registration is Open for Winter/Spring 2022 Classes!

Visit the [Class Registration](#) page for more information and watch our video tutorials about [Building Your Program Plan](#) and [Registering for Classes](#) for helpful instructions. Need advising assistance? Appointments are filling up quickly! Schedule an appointment with your dedicated advisor through [Starfish](#). Questions? Contact the Advising Office at 410-386-8435 or advise@carrollcc.edu.

There's Still Time to Join Phi Theta Kappa and Earn Money for University!

College season is upon us and so there's no better time to join Phi Theta Kappa! PTK is the world's largest and most prestigious International Honor Society for two-year colleges. Membership in the society affords access to more benefits than any other student organization – **including over \$46 million in scholarship money** – making it a great investment and highly coveted honor. To be eligible for membership, students must have a cumulative Grade Point Average of a 3.5 or above and have earned at least 12 credits at the college level.

Joining is easy! Simply visit www.ptk.org with your PTK-issued passcode and fill in your application. Then, come out for one or more of our fun events this semester: a Banned Book Challenge, a Thanksgiving-themed Scavenger Hunt, and an Exam Period De-Stressing Event!

Have questions? Contact us at ptk@carrollcc.edu.

Mental Health Monthly – New Edition Out Today!

Hello fellow students! The Mental Health Committee knows how tough the past year has been. We're here to share students' experiences with college and the pandemic. In the latest edition of our mental health newsletter, check out mental health resources, ways to care for yourself and so much more! Send an email to sgo@carrollcc.edu to sign up to receive the newsletter or you can find the newsletter on the [SGO's Canvas page](#). Also, the mental health committee is looking for new members. If you're interested in joining, contact sgo@carrollcc.edu.

Beat Saber Contest Recap and Winners!

Thank you to all of Beat Saber participants and congratulations to our winners! See you in 2022 for a new VR Tournament! Be sure to visit the VR Lab L098 for more Virtual Reality experiences.

[Click here to watch a recap of the event and see who won!](#)

The Great Turkey Hunt is Now on 11/22!

Phi Theta Kappa presents The Great Turkey Hunt, a fun competitive scavenger hunt for Thanksgiving. This event will be held November 22 from 2 to 4 PM in the Babylon Great Hall. There will be food and prizes. Faculty, staff, and students alike are invited to compete in teams of 2-4 people. Sign up today! Send an email to ptk@carrollcc.edu to get the sign-up form. Please note the date change from 11/15.

“Workout to Win” Challenge!

Are you in need of some extra motivation to maintain exercise at this point in the semester?

Enter the "Workout to Win" Challenge from November 15th - December 15th! Credit students not enrolled in PHED-101, -107, or -109 are eligible to enter. The student with the most recorded workouts at Carroll's Fitness Center wins a \$25 gift card (most likely from Amazon). Workout sessions must be recorded after each session by our front desk staff. A leaderboard will be posted weekly to see who's working out to win.

To join, email acascardo@carrollcc.edu!

PTK's Banned Book Challenge!

Year after year more and more books are challenged or banned completely from our libraries, schools, and bookstores. Normally, Banned Book Week is from September 26th – October 2nd, but PTK says that's not long enough! So, from now until the end of the semester, we are sponsoring a **Banned Book Reading Challenge**. Pick up a copy of the Banned Book Reading List along with a free bookmark in the Library, Babylon Great Hall, or Academic Center. You can also click [here](#) for the complete list. Then, send us a photo of yourself with your favorite banned book for our Celebrating Academic Freedom page by emailing us at ptk@carrollcc.edu. Or, better yet, test your boundaries and free your mind to all of the wonders that books offer by actually reading a banned book!

Virtual Reality Experience of the Week – Mayflower Reflections

Be immersed in the dangers of the Mayflower's voyage and the early days of their settlements. Understand how the native settlers influenced the Plymouth Colony's survival. Experience how the decisions of 400 years ago are still reflected in the world today. [Check out this video for more on Mayflower Reflections!](#)

To sign up for Mayflower Reflections or any other experiences, follow the link – [sign up for a VR appointment here!](#) Questions? Visit L192 or email Andrea Gravelle at agravelle@carrollcc.edu.

Mindful Minute

Mindfulness is a quality and “way of being” you can bring into any activity. Mindfulness coloring is the purposeful act of paying attention and consciously developing openness and curiosity to coloring. You make coloring a mindful activity when you use the act of coloring to switch off the nagging thoughts in your mind and focus on the task at hand. Mindful coloring has been shown to reduce anxiety, improve your mood and can be used as an alternative to “old fashioned” meditation. For more information on mindfulness coloring, [click here!](#)

Need something to color mindfully? The Advising Office (A102) has color book pages with empowering statements, feel free to come by and take one or two or more.

What’s Happening on Campus This Week and Beyond?

- **Eastern State Penitentiary and Prisons Today on 11/15!**
Eastern State’s history matters today more than ever. This in-depth virtual group tour explores the history of Eastern State and the experiences of men, women and children who lived and worked behind its walls. This program sets the stage for conversations about criminal justice reform today. The tour will incorporate photos, videos, and audio clips of Eastern State Penitentiary. [Sign up for this event on Monday, November 15 from 4 to 5 PM on Zoom here!](#)
- **Career Pop Up on 11/16!**
Stop by the Babylon Great Hall on Tuesday, November 16 from 11 AM to 1 PM for some fresh popped popcorn and helpful information about career development, picking a major, resumes, job searching, interviewing and more!
- **Employer on Campus: United States Navy on 11/17!**
Each Wednesday we’ll feature a different employer in the Cafe from 10:30 AM to 1 PM looking to hire Carroll students. On November 17, the United States Navy will be on campus. Head over to talk to them about job openings!
- **Bingo on 11/17!**
Did someone say...BINGO?!?! Join Student Engagement for Bingo on Wednesday, November 17 from 3 to 4 PM in the Student Center (A202)! Prizes will be awarded each round!
- **Democracy Lab – What Should College Cost? on 11/18!**
At their best, colleges and universities offer students the knowledge and skills they will need to successfully navigate their adult lives. Yet, the high price of college today means that many students are priced out of this important experience. Given our collective interest in producing a competitive work force, this is a loss that has the potential to impact us all. So, what should college cost and who should pay? Join us for this important discussion on Thursday, November 18 from 7 to 9 PM on Teams. [Click here to sign up!](#)
- **Mental Health Matters on 11/22!**

Join SGO for this interactive speaker session on mental care and self-care featuring a professional from NAMI Maryland on Monday, November 22 from 10 to 11:30 AM in the Scott Center Theater. Refreshments will be available at the event.

Don't forget to connect with Student Engagement online!

- **The Student Engagement DEN on Canvas!**

To keep up with what's happening "on campus," visit the Student Engagement DEN (Digitally Engaged Network) on Canvas. There are weekly events and information about campus resources. You should already be enrolled in the Student Engagement "course." If not,

1. Go to Canvas.
2. Click on Courses on the left-hand menu.
3. Click on all courses and then browse more courses.
4. Search for Student Engagement.

- **Follow Student Engagement on Instagram and Facebook!**

Follow Student Engagement on Instagram and Facebook @CarrollCCStudentEngagement! We'll post tips, quotes, funny things, and host contests where you can win e-gift cards. Follow us today!