

## Carroll Claw - Week of 11/8/21!!

See below for important information, updates, and event details for this week. There's a lot of good information so make sure to read all the way through!

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### Registration Starts Tomorrow!

Are you ready to register for your winter and spring classes? Registration begins tomorrow, November 9, at 7:00 AM online or at 8:30 AM in-person by appointment. Check out our [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? Schedule an appointment with your dedicated advisor through [Starfish](#). Questions? Contact the Advising Office at 410-386-8435 or email us at [advise@carrollcc.edu](mailto:advise@carrollcc.edu).

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### Changes to Precalculus Courses

We want to let you know that changes will be made to Precalculus. For non-STEM related majors, we will begin offering a one-semester College Algebra in Fall 2022. For STEM related majors, we will continue offering a one-semester Precalculus which is a prerequisite for Calculus 1.

The last time that Math 123 will be offered is Spring 2022. The last time that Math 124 will be offered is Summer 2022. Please plan your courses accordingly. Students who are preparing for Calculus I, Math 135, for Fall 2022, must complete and pass Math 124 by Summer 2022. Otherwise, Precalculus, Math 130, will be the prerequisite for Calculus I, Math 135.

Please direct any questions to your advisor or one of the Precalculus Coordinators listed below:

Jenelle Cutitta, [jcutitta@carrollcc.edu](mailto:jcutitta@carrollcc.edu), 410-386-8117

Janice Stencil, [jstencil@carrollcc.edu](mailto:jstencil@carrollcc.edu), 410-386-8553

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### "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 15<sup>th</sup>! 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](mailto:acascardo@carrollcc.edu)!

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### 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](mailto: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!

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### Virtual Reality Experience of the Week – Free Spirit

The Free Spirit VR single-user experience immerses you into the meditative journey on the Inca path in the sacred valley of Peruvian Andes. Listen to the sounds of nature and the relaxing Native American flute. Follow the voice of the wisdom woman inviting you to release the energy of the past and set your intentions for the future at the sacred fire while catching a glimpse of the Milky Way.

[Check out this video for more on Free Spirit!](#)

To sign up for Free Spirit 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](mailto:agravelle@carrollcc.edu).

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### Mindful Minute

Bringing Mindfulness to your eating can help you feel better by slowing you down to pay attention to what your body needs to be healthy versus eating to deal with stress, sadness, or other difficult emotions.

For people who undereat, the effect of mindful eating may be that they may eat more; for people who tend to overeat, they may consume less. Others may find their eating patterns remain the same while their thinking around food changes. In this respect, mindful eating is an equalizer, allowing us to find a balance in how we relate to food.

Try it out!

- This [short video](#) is a great introduction to the idea of mindful eating.
  - Read more about mindful eating on [this website](#).
  - To do your own mindful eating exercise, [this video](#) can guide you through it.
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### What's Happening on Campus This Week and Beyond?

- **Creating Balance and Success on 10/8!**  
What is your goal in life today? To feel more content, to create more opportunities, to be more encouraged? How do we do this? The key is to find balance in your life. Learn how during this hands on activity and reflection on Monday, November 8 from 2 to 3 PM in A125. [Sign up here!](#)
- **First Year Success: Be the Change on 11/9!**

Attend this workshop on Tuesday, November 9 from 3:30 to 4:30 PM in A125 to learn how to be a self-advocate and push out of your comfort zone. We will also discuss ways to prioritize and understand time management. [Sign up here!](#)

- **Employer on Campus: Life Bridge Health on 11/10!**

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 10, Life Bridge Health will be on campus. Head over to talk to them about job openings!

- **Beat Saber Tournament on 11/10 & 11/11!**

Join the VR Lab for a Beat Saber Tournament on Wednesday, November 10 and Thursday, November 11 from 11 AM to 1 PM in the Babylon Great Hall! Free to all Carroll students and staff. Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place available! To sign up, [click this link!](#)

- **Veteran's Day Observance on 11/11!**

Please join us for our annual Veterans Day Observance this Thursday, November 11 at 2 PM to show our collective gratitude and pride for all Veterans who have selflessly served our Country on our behalf. We will also recognize, honor, and thank our student and employee Veterans and the families who support them. [Click here to join the Teams meeting for this virtual event!](#)

- **Democracy Lab – College and Equity on 11/11!**

Colleges and universities are sometimes referred to as society's great "equalizers". However, such an understanding often seems to neglect these institutions' origins by and for the governing class. Has higher education moved beyond its origins or do its historical structures and history of exclusion perpetuate a fixed social order? Looking forward, what obligations (if any) should these institutions have with respect to achieving greater equity and how well (or not) are they currently equipped toward achieving these aims? Join us for this timely discussion on Thursday, November 11 from 7 to 9 PM on Teams. [Click here to sign up!](#)

- **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!](#)

**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!