

Hi!

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!

The Lynx Survival Guide

If you miss an edition of the Carroll Claw, you can find an archive of past editions for the semester on the [Lynx Survival Guide](#). This page also includes the following:

- Link to the current Student Engagement calendar for the month
 - Link to the New Student Orientation Canvas page
 - Link to the Student Engagement Canvas site
 - And more!
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Coping with Anxiety and Depression

[CLICK HERE TO LEARN SOME TIPS FOR COPING WITH ANXIETY AND DEPRESSION](#)

*Are you looking for support on campus for mental health? Access our free, 24/7 & confidential **Student Assistance Program (SAP)**! Help is just a call or a click away! Get connected to speak with an expert counselor.*

Call **800-327-2251**, **download the BHS App** or visit the MyBHS Online Portal.
URL: [portal.BHSONline.com] | Username: **CARROLLCC**

Common reasons to call your SAP:

- Depression/anxiety
- Suicidal thoughts
- Burnout/anger
- Substance abuse
- Relationships
- Health or body image issues
- Academic or career stress
- Challenges balancing school and life

*If you require a referral for long-term treatment, costs may be incurred. Your health insurance plan often covers long-term treatment.

Virtual Transfer Fair: October 11-14!

**2021 VIRTUAL
TRANSFER FAIR**
October 11-14

The Virtual Transfer Fair is the perfect opportunity for students to connect with and learn from transfer representatives from approximately 90 colleges and universities. Learn more about this free event on the [Virtual Transfer Fair Website](#). More details will follow in the coming weeks.

A Message from the SGO!

SGO Senators Wanted – Deadline This Friday 9/24!

Hello, fellow students! SGO is recruiting students for the senator position, join us in being the new change. Students are welcome to apply if they are registered for 6 credit hours and have a 2.5 GPA. To look more into the senator position, you can check our Instagram, @carrollccsgo, or our [SGO Canvas site](#) for more information. You can find the SGO senator application in the Student Engagement Office (A118) or on the SGO's Canvas page. The application deadline has been extended to Friday, September 24. In terms of concerns or inquiries, you can contact us at sgo@carrollcc.edu.

Join the SGO Mental Health Committee!

Did you know that the Mental Health Committee is looking for new members interested in joining? From mental health discussions to activities, we plan on catering to our community's mental health as much as we can this semester. Join us in the Board Room (L090) biweekly on Thursdays from 2:30 to 3:30 pm starting on September 16. Contact us at sgo@carrollcc.edu for further concerns or inquiries.

Virtual Reality Experience of the Week - FLY!

From a multiple award-winning VR team and Oscar-winning special effects team, Fly enables you to become a time-travelling pilot - from the earliest imaginings of Leonardo da Vinci and his ornithopter, to the Wright Brothers' success on Kitty Hawk Beach and, ultimately, into one potential future of flight. [Check out this video for more on FLY!](#)

[Make a lab appointment](#) and experience immersive education! Questions? Visit L192 or email Andrea Gravelle at agravelle@carrollcc.edu.

What's Happening on Campus This Week and Beyond?

- **What Can I Do with This Major? on 9/21!**
Not sure how your major fits with your career goals? Career Development can help! Join us on Tuesday, September 21 at 1 PM to get a better understanding of your options and discover paths within your major that will lead to a successful career. [Sign up here to attend!](#)
- **Employer on Campus: ABA Solutions on 9/22!**
Each Wednesday we'll feature a different employer in the Cafe from 10:30 AM to 1 PM looking to hire Carroll students. On September 22, ABA Solutions will be on campus. Head over to talk to them about job openings!

- **Home Lynx Soccer Game vs. Anne Arundel Community College on 9/23!**
Come root for the home team on the Lynx field on Thursday, September 23 at 4 PM and show your Lynx pride!
- **Discovering Racism in the Teaching and Learning of History on 9/23!**
This session on Thursday, September 23 from 7 to 9 PM in K100 will be taught by Dr. Rev. Marty Kuchma and will examine ways racism has shaped the traditional teaching and learning of American history. In the process, we will talk about historical misinformation and misconceptions related to race and racism. [Sign up here to attend!](#)
- **Swift Kick Student Leader Training on 9/24!**
Through this student leader training, we will explore Dance Floor Theory with Swift Kick's own, Tom Krieglstein. All students are welcome to come! This will be the kickoff of the Leadership Challenge as well. Register [here!](#)
- **Carroll Night at Camden Yards on 9/25!**
Current credit students can sign up to attend the Orioles game on Saturday, September 25 at the Business Office. A \$5 refundable deposit is required. Transportation and a free t-shirt is provided and the bus will depart Carroll at 5:30 PM for a 7:05 PM game time. Students can now bring a guest and faculty and staff are allowed to sign up through the Business Office as well. Questions? Contact Topher Overdorff at [toverdorff@carrollcc.edu](mailto:tovordorff@carrollcc.edu).
- **Club Leader Training on 9/27!**
This training on Monday, September 27 from 3-4 PM in M157 is for student club leaders and their advisors. In this session we will debrief the Swift Kick Student Leader Training, go over effective meetings, how to run a club, how to plan an event or activity, and we will be answering any questions you have, as well as much more. Plan on attending with your club's leadership team. Questions? Contact Topher Overdorff at [toverdorff@carrollcc.edu](mailto:tovordorff@carrollcc.edu).
- **In Our Own Voice Presentation: NAMI Carroll County on 9/30!**
NAMI In Our Own Voice presentations change attitudes, assumptions, and ideas about people with mental health conditions. The presentation provides a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition. [Sign up here to attend](#) on Thursday, September 30 from 3 to 4:45 PM in K100.

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!