

Charger Connections

weekly activities & tips

Self Care Tip:

Learn to say no! Learning to say no politely can decrease burnout and stress leaving you more time for yourself!

Wash Hands while Singing

“Get Up Stand Up” Bob Marley

*Get up, stand up,
stand up for your rights
Get up, stand up,
don't give up the fight
Get up, stand up, stand up,
for your rights
Get up, stand up,
don't give up the fight*

Student Engagement:

Student Organization Spotlights!

Brother 2 Brother join our [FB group](#) to get involved!

Psychology Club join out [FB group](#) to get involved!

Student Resources:

GHC's Tutorial Center is open virtually to offer you support in a variety of subjects! Click [here](#) to find out more or schedule a session!

Study Tip:

Switch it up! Try studying a bunch of different material in one sitting.

Virtual Tour:

Atlanta High Museum of Art, Click [“Civil Rights Photography exhibit”](#) to take the tour!

Quote:

*“There are some things you learn in the calm, and some in the storm.”
~Willa Cather*

Social Challenge:

Check out tracing your African-American Ancestors. Learn more [here!](#)

GHC

GEORGIA HIGHLANDS COLLEGE

University System of Georgia