

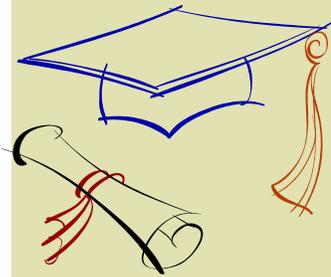
Technically Speaking

SUMMER 2014 ISSUE I

For Students, By Students

MAY / JUNE

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“What you get by achieving your goals is not as important as what you become by achieving your goals.”

-Henry David Thoreau

Disclaimer:
The opinions expressed in this newsletter are not necessarily those of Forsyth Tech or of the students of Forsyth Tech.

Digital Effects and Animation: Enhancing the Creativity of Students

By: Caitlin Creason,
Chelsea Muncy, and
Shelby Kiger



Left to Right: State-level Skills USA 1st Place winners Brittany Clark, Jeremy Hayes, and Program Director Herb Burns

In the fall semester of 2007, Forsyth Tech added the Digital Effects and Animation Technology program located on the third floor of Snyder Hall. The program plans to relocate to the Oak Grove Center this summer, which will give the students a second classroom and more advanced equipment.

According to Forsyth Tech's programs of study page, the Digital Effects program encompasses hand-drawn art, sound, computer ani-

Continued pg. 2

Practical Nursing at Forsyth Tech

By: James Sprouse and
Michael Lowder



With jobs at a premium, college students are looking for programs that will lead into careers with a positive long-term outlook. The Practical Nursing pro-

gram of-
fered at
Forsyth Tech
gives stu-
dents access
to a career
with superb
growth and
pay rate.

According to the Bureau of Labor Statistics, Licensed Practical Nursing is predicted to grow at a rate of about 25% over the next decade, and the median

wage is nearly \$20 per hour. This growth rate is well above average and is one of the highest job outlooks in the nation.

This growth can be attributed to the baby boomer generation aging, which has led and will continue to lead to an increased demand for all health-related careers.

Continued pg. 4

Clothes for Careers

By: Shelby Kiger

On the third Thursday of every month, Forsyth Tech women have an opportunity to take advantage of



the Shugart Women's Clothing Distribution in the Hauser Building on the main campus. This is a great way for women to acquire professional clothing.

Sherraine McLean, the Director of the Shugart Women's Center, says, "The mission of the overall center is to promote the academic, personal, and professional development of the women who attend Forsyth Tech."

Women can go by the center any time of the day and receive clothes. They can also make an appointment.

"We ask that the clothes be gently

used and cleaned," McLean says. The center also prefers modern clothing so that women look professional when going for an interview.

Although the center's main goal is to gain professional clothing, they also accept casual wear.

Women can donate clothes any time throughout the year. An appointment can be scheduled to drop off clothes or donors can come by during office hours.

The center also receives some community support — Etc. Consignments in Winston-Salem donates clothes every month to help with the mission of the center.

Get Involved with Forsyth Tech's QEP!

As you wander around campus, you probably see signs regarding Forsyth Tech's QEP. What is a QEP anyway? QEP stands for Quality Enhancement Plan, a program designed to improve an aspect of education; Forsyth Tech has chosen Information Literacy as our QEP. Watch for upcoming seminars throughout the year to learn more!



Digital Effects and Animation

Continued from pg. 1

mation, and photography to form the animated cartoons seen in movies and on television.

"They [Students] need to be self-motivated, have good time-management skills, be critical thinkers, and be creative," says Herb Burns, Director of the Digital Effects program.

Seventy students participate in this program, but the design lab will only seat 29% of them per semester.

Brittany Clark, a student in her last semester, gives advice to aspiring Digital Effects students, "In Mr. Burn's class, he hits the ground running with all the drawing you have to do, especially in your first semester, so it never hurts to start [practicing] as early as you can to prepare."

Jeremy Hayes, another student in his last semester, encourages good time management skills, "It's overwhelming sometimes, the amount of work you have to do and the amount of time you have to do it in."

To complete this program, students take 21 courses over the span of 5 semesters. The full list of required courses for this program can be found on FT's website under Credit Courses & Programs.



Student Government Association



JOIN STUDENT GOVERNMENT

Membership Application Available on Techlink

Now through September 3rd

YOU MAY QUALIFY FOR SGA IF YOU:

- Have at least a 2.5 GPA
- Have at least 3 hours per week to volunteer
- Are able to meet bi-monthly on Wednesdays at 3pm

TO APPLY TO SGA:

- Complete an application
- Complete the Availability Worksheet
- Submit a one page personal statement
- Get 3 faculty/staff references

Applications due to studentactivities@forsythtech.edu by **September 3, 2014**.

To learn more visit Techlink: "Student Government" under the Student Life tab.

From the Desk of the Editor

Hello, Forsyth Tech! I'm glad to see you've decided to pick up the latest issue of *Technically Speaking*, the newspaper by students, for students.

This will be my last issue serving Forsyth Tech as editor of *Technically Speaking*. I have learned quite a lot working on this paper, and I will definitely pursue this field in the future. Thank you, loyal readers, for all of your support!

If you'd like to get your foot in the door of the journalistic field, feel free to attend our Journalism Club meetings. The Journalism Club meets every second and fourth Tuesday of the month from 2pm-3pm.

If attending meetings isn't your thing, you can always email me at collins1157@students.forsythtech.edu.

Nick



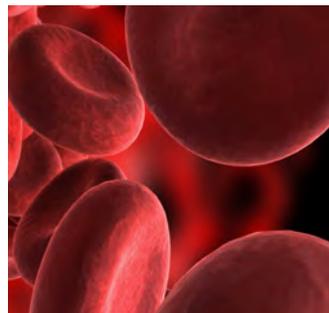
Nicholas Collins
Technically Speaking Editor

Get Your Student ID!

IDs begin Wednesday, May 21, and continue through Monday, July 28, in Tec 124.

Monday 10am-2pm
Tuesday 9am-6pm
Wednesday 10am-2pm
Thursday 10am-2pm

You must have a current semester schedule to receive an ID.



**Blood Drive
June 11 9am-1pm**

**Look for the Red
Cross bus parked in
front of TEC!**

Upcoming Registration Dates

Late registration for 7-week summer session (June 23-August 8) is
June 19 8am-7pm

Fall walk-in registration is July 14 & 15 from 8am-7pm.

Late registration for fall is August 13 & 14 from 8am-7pm.

Practical Nursing Continued from pg. 1

Elaine Gray, RN and a 1999 graduate of Forsyth Tech's Wiles Nursing School, is in charge of training newly hired LPNs, RNs, and CNAs in the post-op critical care division for Forsyth Hospital.

"LPNs are highly desired because they require less training hours than RNs and have a much higher level of autonomy than CNAs."

Licensed Practical Nurses are af-

forded the luxury of being open to many employment options, including working as stand-alone nurses that can be privately hired for in-home care. By doing so, LPNs are able to better control their potential pay and hours.

One of Gray's students, Tracy Dillow, 29, graduated from FT's Practical Nursing program about two years ago.

"I love my job, and I love being able to heal people, not just help them," said Dillow.

The Practical Nursing program provides basic knowledge and skills in nursing for both children and adults. Upon completion, graduates are eligible to take the National Council Licensure Examination (NCLEX-PN) which is required for anyone wanting to become a Licensed Practical Nurse.



Student Transfer Fair

By: Chelsea Muncy

On Wednesday, April 24, Forsyth Tech held a Student Transfer Fair in the main lobby of the Technology Building from ten until two. Four-year universities from all over North Carolina were represented and provided information about the programs that their schools offer for students with Associate Degrees or who are looking to transfer in the fall.

Taylor Pegram, a transfer student, says, "I am currently working as an assistant manager, giving me a limited schedule, so finding a four-year university that can work around that may be difficult."

Dr. Goldstein, a professor from Strayer University, says, "Our school is different from most others, where the majority of our student body consists of adult students." Dr. Goldstein also explained that Strayer is a four-year university that is able to work around a student's very busy schedule.

According to the representative from Greensboro College, the school is now offering Criminal justice and Business Management classes online so that students can work around their own schedules a little more easily.

A representative from Western Carolina says that the school has

extended its deadline so that students have more time to enroll.

Many of the schools present said they are offering online schedules and that students should check the internet for scholarships from colleges and from companies and associations.



Like to volunteer? Enjoy helping others?
Join Alpha Mu Beta, Forsyth Tech's Service Fraternity!



Alpha Mu Beta (AMB) is a high profile group of students who spark interest in student life through campus networking, personal growth, and service to the community. Applicants who are accepted into the fraternity discover a relaxed, yet disciplined, fellowship that encourages growth.

AMB members have the opportunity to lead such events as the Angel Tree Project, Relay for Life and many other service projects for the benefit of the college and community.

AMB members must carry at least a 3.0 GPA.

The Outlook Is All That Matters

By: Alexander and Derek Stich

Students everywhere are fighting a tough battle with happiness and grades. A recent poll of Forsyth Tech students showed that 83% of students believe happiness affects their grades.

What can be done to improve a student's grades besides studying? The relatively new idea of positive psychology, doing what other optimistic or successful people have done, is emerging and is being used to help others raise their overall quality of life.

Simple things like reminiscing of good memories and looking at pictures of cute animals has been proven to make people quite a bit happier, according to Shawn Achor, CEO of Good Think Inc.

Nobody wants to take a test when feeling down in the dumps, so why not get ready before the test with a mood boost? Tell a few jokes with some friends or strangers to get your brain in the right direction. "Where do hungry fractions go to eat? Anywhere they can find the least common denominator," said Landon Bellavia, PhD, conceptual physics teacher at Forsyth Tech.

If a push in the right direction is needed before a test, try something as simple as smiling while journeying to class.

"I think if you don't feel well, if you're down in the dumps, one of the best things you can do is smile," said Anne Smith, a psychology teacher at Forsyth Tech.



Anne Smith, Psychology Instructor

The ongoing battle of work and joy is a tough one, but it doesn't have to be a losing battle. Positive psychology is a powerful tool to improve life. Luckily a class in positive psychology is under development here at Forsyth Tech.

How to Make Curry Stir-Fry

By: Rod Myers

- 2 tbsp. of curry
- 2 tbsp. of cumin
- 1 habanero pepper (sliced thin)
- 1 lime
- 1 shredded carrot
- 1 zucchini (cut into 1/2" pieces)
- 1 squash (cut into 1/2" pieces)
- 1 bunch of green onions (sliced thin for garnish)
- 1 stalk of broccoli
- 1 red bell pepper (cut into 1/2" pieces)
- 1/4 cup of water
- 1/4 cup of soy sauce
- 1/4 cup of fresh garlic and ginger mixed (minced)
- 1/3 cup of cooked Jasmin rice
- 1 cup of raw jumbo shrimp

In a frying pan, lightly sauté all the vegetables and half of the garlic and ginger mix. Season with 1 tbsp. each of curry and cumin over high heat, then remove

from heat and set aside.

In a separate frying pan, lightly sauté the rest of the garlic and ginger mix, then add soy sauce, water, and the juice from 1 lime. Bring to a boil, add the shrimp, cook until done.

On a bed of white rice, add your sautéed vegetables and cooked shrimp and enjoy!



Women Breaking Down More Barriers

By: Caitlin Creason

American Football tends to be known as a “man’s sport,” but Jennifer Welter broke this stereotype when she became the first female non-kicker to play football professionally.

According to Voice of America’s website, Brianna Smith is another young lady who has ventured out to play football for her high school, T.C. Williams, in Alexandria, VA. Many people might be uncomfortable with the fact that females are starting to merge into other sports.

“Honestly, I think it’s cool. Females are finally getting rid of the stereotype that they can’t play physical sports because they are too

‘fragile’ or ‘weak.’ It’s nice to see they are fighting to prove they could possibly beat a guy at their own game,” says David Gwin, an Associate in Arts student from Winston-Salem.



According to the Independent Women’s Football League’s website, the league is a non-profit organization founded in 2000 by a group of various women who want-

ed to change the history of sports. The league is currently composed of 51 teams and over 1500 women.

“Girls playing football breaks the social barrier that only men play professional football. It seems interesting to think that women can hold their own in that kind of contact sport. I do think it’s cool that women are participating in more sports because it shows that we are [pushing] more towards being more alike,” says Mitchell Harris, 18, an Early College student at Forsyth Tech.

While football is typically seen as a “men only” sport, it seems it will not stay that way forever.

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Have Your Voice Heard!

Are you interested in contributing to *Technically Speaking*?

Do you have a suggestion or an idea that might improve
Technically Speaking?

Or would you just like to get involved with the Journalism Club?

Contact us at technicallyspeaking@forsythtech.edu

May/June 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 11 Mother's Day	12	13 Frog Jumping Day 	14	15	16	17
18	19 Drop/Add 8:00am-6:30pm	20	21 Student IDs begin	22	23	24
25	26 Memorial Day	27	28	29	30	31
June 1	2	3	4 Hug Your Cat Day 	5 Last day to drop without penalty from 1st 5-week classes	6 Intent to graduate forms due for prospective July graduates	7
8	9	10	11 Blood Drive 9:00am-1:00pm	12	13	14
15 Father's Day	16 Last day to drop without penalty from 8-week classes	17	18	19 Late registration for 7-week summer session	20 Take Your Dog to Work Day 	21
22 National Chocolate Éclair Day	23 Last day to drop without penalty from full-term classes	24	25	26	27	28
29 Camera Day 	30					