



The Carroll Claw | Week of 10/7!

Hi!

This week is looking more like fall with cooler temps and no rain in the forecast. Our schedule is jam-packed with voter registration, crafts, and pumpkin EVERYTHING! If you like pumpkin, keep reading because this is your week.

We Can Help with Election Stress!

Election uncertainty can be stressful. In fact, 68% of adults reported the 2020 election as a major stressor. With potential delays in results, many may feel anxious or even depressed. Be proactive about checking in with yourself, and get support as soon as you feel like you're struggling.

TimelyCare is FREE to Carroll Credit Students and provides **6 free counseling sessions**. **Be prepared. Sign up at app.timelycare.com.**

Remember there is always help available: **Carroll has the resources you need.**



Attend the Open Forum to Discuss Carroll's Future!

As we continue to develop the 2025-2029 Strategic Plan this fall, your insight and ideas remain crucial. That's why we're inviting the entire Carroll community to join us for an **Open Forum** to share your thoughts and help influence our strategic priorities.

- **Thursday, October 10, 9-10 a.m., K-100**

This is a chance for you to engage in meaningful dialogue about Carroll's future. Your voice can help shape the path forward, ensuring that we continue to grow and serve our students, faculty, and staff in the best way possible.

If you'd like to participate, **please RSVP here**. If you have any questions, feel free to reach out to Dr. Michelle Kloss at mkloss@carrollcc.edu.

Check Out the Café Specials for October!

Café Specials



October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Jerk Chicken with Coconut Rice and Island Style Cabbage	2 Eggplant or Chicken Parmesan with Collard Greens and Breadstick	3 Italian Sausage with Mac and Cheese and Roasted Cauliflower	4
7 Teriyaki Chicken with Rice and Broccoli	8 Tilapia Fish Tacos with Jicama Slaw	9 Rotisserie Chicken with Rice Pilaf and Roasted Broccoli	10 Blackened Salmon with Creamy Risotto and Roasted Brussel Sprouts	11
14 Coq Au Vin with Roasted Red Potatoes and Asparagus	15 Pan Seared Pork Chop with Apple Stuffing and Spring Mix	16 Tuna Noodle Casserole with Side Salad	17 Lasagna with Roasted Carrots and Breadstick	18
21 Sausage Jambalaya with Green Beans and Biscuit	22 Sweet and Sour Chicken with White Rice and Bok Choy	23 Spaghetti and Meatballs with Breadstick	24 Pork Roast with Vegetable	25
28 Fish Cakes with Remoulade Sauce and Mixed Veggies	29 Pesto Noodles and Turkey Meatballs	30 Margherita Basil with Mediterranean Flatbread	31 Herb Roasted Chicken with Deviled Eggs and Roasted Zucchini	

*Prices are as listed in the Café, while supplies last

News from Advising



Transfer Fair is This Week!

The fall Transfer Fair will take place on Wednesday, October 9 from 11:00 am to 2:00 pm in the Babylon Great Hall. Meet with representatives from over 40 colleges and universities!

Free pizza and the chance to win Apple AirPods Max headphones for students who participate!

UMD Transfer Information Sessions

Are you interested in the UMD Maryland Transfer Advantage Program (MTAP) and the Frederick Douglass Scholarship? Attend a virtual information session listed below:

- October 16 at 10:00 am ([Click here to join.](#))
- November 11 at 1:00 pm ([Click here to join.](#))

The MTAP application is also currently open for students who wish to join the program for the Spring 2025 semester, with a deadline of November 15, 2024. If students have any



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October is Pre-Registration Month!

Check out the classes for winter and spring 2025 and build your schedule early!

Stop by A102 to make an advising appointment, call 410-386-8435, or use Starfish to connect with your advisor.

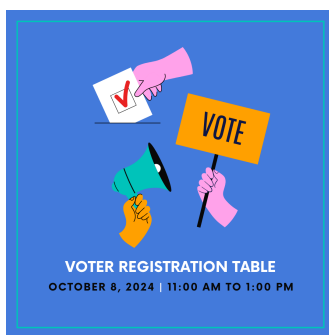
Events This Week!



Crafternoon: Pronoun Pins

Date: Monday, Oct. 7
Time: 2:00 to 4:00 pm
Location: Library

Bring a friend to the library and make your own pride flag button or pronoun pin using our button maker! Designs will be provided, or you can create your own. All students are welcome!



Voter Registration

Date: Tuesday, Oct. 8
Time: 11:00 am to 1:00 pm
Location: Café

Make your voice count this November! Stop by our voter registration table, hosted by the League of Women Voters, and ensure you're ready to cast an informed vote for our community's future. We will have cookies!



Networking Night for Business Students

Date: Tuesday, Oct. 8
Time: 4:00 to 6:00 pm
Location: Student Center (A202)

Enjoy hors d'oeuvre and mocktails while connecting with local business professionals. Practice your networking skills, learn about possible career paths, and explore opportunities in a casual environment.

Sign up [HERE](#).



Pumpkin Everything!



Women's Volleyball Games

Date: Saturday, Oct. 10
Time: 10:00 am to 2:00 pm
Location: Babylon Great Hall

Fall on by for this pumpkin everything event!
Paint a pumpkin, eat pumpkin muffins, and
enjoy a pumpkin spice latte!

This event is for all current students only.

Date: Saturday, Oct. 12
Time: 10:00 am & 2:00 pm
Location: Coppermine Pantherplex

It's another tri-match at home for the Lynx!
They take on Anne Arundel Community
College at 10:00 am and Allegany College at
2:00 pm. Stop by for one match or make it a
day and stay for two!

Coppermine Pantherplex is located at 1400
Panther Drive in Hampstead, MD.

Save the Date!



Lynx Level Up: Building Your Brand

Date: Monday, Oct. 21
Time: 2:00 pm
Location: A125

In today's competitive landscape, personal branding is critical. Join us for an engaging session where you will learn how to strategically shape your professional identity. Whether you are aiming for internships, networking opportunities, or future job prospects, understanding and cultivating your brand can make a significant impact.

Sign up [HERE](#).

Volunteer at the Festival of Wreaths

Date: Wednesday, Nov. 6
Time: 2:00 to 4:00 pm
Location: Off campus

Volunteers will support the Carroll Arts Center Festival of Wreaths by making goody bags for the donors. All volunteers must drive themselves to Carroll Arts Center in Westminster.



PTK Zine Craft Day

Date: Wednesday, Oct. 23
Time: 12:00 to 2:00 pm
Location: Babylon Great Hall

Show us what you care about using your creative side! PTK is hosting a zine event! We will show you how to make one, provide supplies, feed you lunch, and provide the opportunity to display your work in our little zine library housed in the campus library!



BaFa BaFa

Date: Friday, Oct. 25
Time: 1:00 to 3:00 pm
Location: Bollinger Family Conference Center (K100)

In this interactive exercise, participants will understand the powerful effect that culture plays in our lives. Insight will be gained on how stereotypes are developed, barriers are created, and the value of making positive change once they leave the safe space.

Sign up [HERE](#).



Sign up [HERE](#).



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