



## The Carroll Claw | Week of 11/4!

Hi!

Welcome to November! It's an eventful month with plenty to do. Election Day is tomorrow and if you're feeling overwhelmed, see below for resources on managing stress and emotions. Later this month Carroll is celebrating the inauguration of our fourth president, Dr. Rose Mince! Join us for several great events to honor this momentous occasion.

But that's not all! Keep reading to stay up-to-date with everything you need to know about what's going on this week!

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### The Academic Center Can Help You Finish Strong!

Don't wait until it's too late to get help! Take advantage of the **FREE** tutoring services in the Academic Center today! Over 800 students have spent 4,000+ hours using our tutoring services this semester, and you should be one of them!

The Academic Center offers:

- Online tutoring options
- Flexible hours (evenings and weekends included)
- **Weekly review sessions** for biology, chemistry, statistics, and more
- Hour-long, one-on-one **tutoring appointments** for most courses at Carroll
- Writing tutors to help with essays in any course at any stage of the writing process
- Drop-in **math, science, and writing** tutoring Mondays - Fridays (unlimited access and no appointment necessary)

[Visit the Academic Center's Canvas page](#) to learn more about how we can help you finish strong this semester!

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### Dealing with Election Stress?

# timelycare

Say no to  
election  
stress.

Say yes  
to self  
care.



# 988

SUICIDE & CRISIS  
LIFELINE



**STUDENT CARE AND INTEGRITY**  
*Honesty • Trust • Fairness • Respect • Responsibility*

Take time to unplug from social media and the news. Be present and prioritize your wellbeing.

The [TimelyCare app](#) is free to **Carroll Credit Students**. Use the app for 24/7 access to a mental health professional through TalkNow, 6 free counseling sessions, peer-to-peer support, and self-guided Explore pages including yoga and meditation sessions.

**Suicide Prevention line: 988, Veterans dial 1**

**Trevor Lifeline (LGBTQ youth under 25): 866-488-7386**

Remember there is always help available: [Carroll has the resources you need.](#)

Despite our different perspectives on politics, we remain one united Carroll community. We are Stronger Together!

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[Call for Speakers - Share Your Story at TEDxWestminster!](#)



Are you ready to make an impact? TEDxWestminster is searching for changemakers, storytellers, and visionaries to join us for our debut event, “What Now, Neighbor?” We’re seeking passionate speakers to share insights on empathy, cooperation, and the power of community in our divided world.

This is your chance to challenge perspectives, inspire action, and lead a conversation about what it means to be a good neighbor in 2025. If you have a unique story, a fresh idea, or a bold vision that can bridge what divides us, we want to hear from you!

Event Date: March 8, 2025

Location: Theater in the Scott Center at Carroll Community College

[Apply now](#) to take the stage at our inaugural event and be part of a movement that builds stronger, more united communities.

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## Healthy Holiday Challenge

**Carroll Hospital is inviting you to join The Healthy Holiday Challenge! Sign up now!**

Start and maintain healthful habits that will benefit you year-round. This challenge involves a weekly email providing healthy tools and nutrition tips for the holidays. A registered dietitian will be available throughout the program to help you along the way.



**CARROLL HOSPITAL**  
A LifeBridge Health Center **CARE BRAVELY**

[Sign up for this free 8-week challenge by clicking here.](#)

Program runs from November 11 - December 30, 2024.

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## Join Phi Theta Kappa!

Scholarship season is now underway, so there’s no better time to join Phi Theta Kappa!

Phi Theta Kappa is the world’s largest and most prestigious International Honor Society for two-year colleges. Membership in the society affords access to more benefits than any other student organization – **including over \$46 million in scholarship money** – making it a great investment and highly coveted honor. To be eligible for membership, students must have a cumulative Grade Point Average of a 3.5 or above and have earned at least 12 credits at the

college level.

Best of all, joining is easy! Simply, visit [www.ptk.org](http://www.ptk.org) with your PTK-issued passcode and fill in your application.

Have questions? Contact us at: [ptk@carrollcc.edu](mailto:ptk@carrollcc.edu).

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## Attention All-Academic Maryland Team Applicants!

Applications are now being accepted for the All-USA Academic Team and related scholarships. More information can be found at: <https://www.ptk.org/scholarships/how-our-scholarships-work/competitive-scholarships/>.

Please note that, for full consideration, applications must be in by **November 25**.

Every year, as many as two transfer applicants and two work force applicants are chosen to represent Carroll at the statewide competition and possibly beyond. Applicants with questions or who need help in putting their application together are encouraged to reach out to Dr. Sarah Star at: [ptk@carrollcc.edu](mailto:ptk@carrollcc.edu).

Good luck to all!

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## Check Out the November Café Specials!

# Café Specials

## November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
4 Grilled Angus Burger on Brioche Roll	5 Stuffed Peppers Vegetarian or Beef	6 Chicken Alfredo with Squash Medley	7 Chicken Wings with Pasta Salad	8
11 Omelet Station with Home Fries	12 Beef/Lamb Gyro with Tzatziki or Harissa Sauce	13 Chicken and Dumplings	14 Thanksgiving Meal - Turkey, Stuffing, Mashed Potatoes, Gravy, Brussel Sprouts, Cranberry Sauce, Roll (pie also available)	15
18 VP Schuman Pizza	19 Dr. Pappalardo Hot Dog with Chili and Toppings	20 Dr. Ball Tacos	21 Dr. Mince Crab Pretzel	22
25 Spaghetti and Meatballs with Veggies	26 Chef's Choice	27 COLLEGE CLOSED	28 HAPPY THANKSGIVING	

PRESIDENTS WEEK  
"Mince Tea"  
available all week at Starbucks

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

## These Clubs Have Meetings & Events This Week:

Interesting in joining a club? Stop by a meeting!

- **D&D Campaign Group 4:** Monday, 11/4 | 6-8PM | C269
- **Pride Alliance:** Tuesday, 11/5 | 2-3PM | K220
- **Voces Latinas:** Tuesday, 11/5 | 2-3PM | K221
- **Hiking:** Tuesday, 11/5 | 2:30PM | A125
- **Dance:** Tuesday, 11/5 | 3:30-4:30PM | P519
- **SGO:** Tuesday, 11/5 | 3:40-4:40PM | C269
- **Early Childhood Education:** Tuesday, 11/5 | 6-6:30PM | Microsoft Teams
- **Cru:** Wednesday, 11/6 | 3-4:30PM | K119
- **Indoor Soccer:** Wednesday, 11/6 | 4-5:30PM | P527
- **Art and Literary Magazine:** Thursday, 11/7 | 2:30-3:30PM | A125
- **Black Student Union:** Thursday, 11/7 | 2:30-3:30PM | K119
- **D&D Campaign Group 1:** Thursday, 11/7 | 3:30-5:30PM | K129
- **D&D Campaign Group 5:** Thursday, 11/7 | 3:40-5PM | K220
- **Indoor Soccer:** Thursday, 11/7 | 4-5:30PM | P527
- **D&D Campaign Group 2:** Saturday, 11/9 | 2-4PM | C267

## News from Advising

**Be Advised!**

Registration Opens Next Week for  
Returning Students and Veterans!

✦

Advising by appointment only! Stop by  
A102 or call 410-386-8435 to make one!

✦



### Registration Opens Next Week!

Registration opens next week for returning students and veterans. Plan your schedule now and hit submit next Tuesday!

Meet with an advisor to get your questions answered. Make an appointment in Starfish, stop by A102, or call 410-386-8435.

Bills for winter classes are due on Tuesday, December 3 and spring bills are on Wednesday, January 8.

### University of MD School of Nursing Reps on Campus

**Date:** Tuesday, November 5  
**Time:** 10:00 am to 1:00 pm  
**Location:** Café

Please stop by the Café between 10:00 am and 1:00 pm on Tuesday, November 5 to visit with representatives from the University of Maryland School of Nursing.

PROUD TO  
**WORK HERE.**

PROUD TO  
**GIVE HERE.**



### JHU School of Imaging Reps on Campus

**Date:** Thursday, November 7  
**Time:** 10:00 am to 1:00 pm  
**Location:** Café



## Events This Week!



### STEM Internship Fair

**Date:** Monday, Nov. 4

**Time:** 2:00 pm

**Location:** Babylon Great Hall

Kickstart your career in Science, Technology, Engineering, and Mathematics (STEM) fields! Connect with professionals, explore internship opportunities, and gain valuable insights into the STEM industry. Don't miss this chance to secure an internship that could pave the way for your future career!

Sign up [HERE!](#)



### Make Your Own Self-Care Kit

**Date:** Tuesday, Nov. 5

**Time:** All day (while supplies last)

**Location:** Library

Come to the Library and personalize your own tiny self-care kit, featuring affirmations and other helpful supplies for well-being on campus!



### 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.

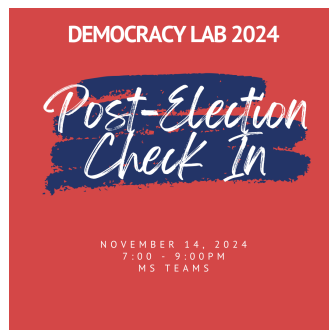
Sign up [HERE](#).

## Save the Date!



### Lynx Level Up: Resume Writing

**Date:** Tuesday, Nov. 12



### Democracy Lab: Post-Election Check In

**Date:** Thursday, Nov. 14

**Time:** 7:00 to 9:00 pm

**Location:** Microsoft Teams



**Time:** 3:00 pm  
**Location:** M157

Build a resume that will get you noticed for jobs, internships, and scholarships! IF you have a draft, you can work on it during the session!

Sign up [HERE](#).

The election is now behind us. How should we understand what we've all just been through? And where do we go from here? Join us to talk about how we're all doing.

To register for this event, [click here](#).

## Criminal Justice Career Symposium

**Date:** Monday, Nov. 18  
**Time:** 2:00 pm  
**Location:** Harman Student Center (A202)

Listen to a panel of professionals from diverse areas (law enforcement, forensics, psychology, corrections, etc.) share about their positions and career journeys. Followed by professional networking and refreshments. Make connections and explore criminal justice career options!

Sign up [HERE](#).

## Celebrate Kindness Week with Us!

We're celebrating Kindness Week! Join us for one or more of our events!

- **All week: Kind Art Show** in the Babylon Great Hall (View a display of kindness signs that were painted by community members.)
- **Tuesday, November 12: The Kindness Garden** from 1:00 to 2:00 pm in the Babylon Great Hall (Join PTK in making beautiful paper flowers and share small ways to express kindness and spread positivity.)
- **Wednesday, November 13: Beans and Beanies** from 10:30 am to 1:30 pm in the Babylon Great Hall (Grab a drink from our mobile coffee shop and get a free beanie too!)
- **Thursday, November 14: Give Thanks Event** from 10:00 am to 3:00 pm in K119 (Paint kindness rocks and write thank you letters.)

**KINDNESS WEEK**

At Carroll Community College, we invite you to participate in a variety of activities, both large and small, designed to encourage acts of kindness.

- NOVEMBER 9TH -16TH: "KIND ART SHOW"**  
📍 BABYLON GREAT HALL ☺ ALL DAY
- NOVEMBER 13TH: "BEANS & BEANIES"**  
📍 BABYLON GREAT HALL ☺ 10:30AM - 1:30PM
- NOVEMBER 14TH: "GIVE THANKS"**  
📍 ROOM K119 ☺ 10:00AM - 3:00PM  
KINDNESS ROCK AND LETTERS OF THANKS
- NOVEMBER 16TH: "KINDNESS WALK"**  
📍 BABYLON GREAT HALL ☺ 2:00PM

Together, we can make our world a kinder place, one act at a time.

## Celebrate Dr. Mince's Inauguration Week!

**Join Us for a Community Celebration!**

On **Saturday, November 16**, come to Carroll Community College for a day full of engaging & entertaining activities in honor of Carroll's new president, Dr. Rose Mince!

All events are free and open to the public.

- Family & Friends Activities** 2 - 4 p.m.
- Bring your family & friends for an afternoon of fun!**
- Raffle:** Participate in activities for a chance to win Carroll swag & gift certificates.
- Kindness Walk:** Join Dr. Mince for an informative campus walk.
- Stuff a Lynx:** Create your own Carroll Lynx plush toy.
- Kids Crafts:** Design an Origami Game, decorate Kindness Bookmarks, and more.
- Sports Fun:** Enjoy soccer and volleyball with Carroll Lynx athletes & coaches.
- Meet Lightning:** Say hello to the College mascot.
- Refreshments:** Free snacks & drinks throughout the afternoon.

- Visual & Performing Arts Reception** 5:30 - 7 p.m.
- Meet Dr. Mince, enjoy free hors d'oeuvres & drinks, and celebrate the arts at Carroll.**
- Community of Kindness Art Show:** Enjoy the works of local artists in this special exhibit.
- Phantom Narrative IV:** Explore this captivating exhibition in the Scott Center Art Gallery.
- The Mousetrap:** End the evening with Carroll's stage production of the classic mystery. Free tickets will be given out at 6 p.m. in the Great Hall; doors open at 7 p.m.; play begins at 7:30 p.m. (Rated PG-13 - mature audiences only)

**POP TRIVIA WITH THE PRES!**

**TUES. NOV. 19 11AM-1PM | CAFE**

## Community Celebration!

**Date:** Saturday, Nov. 16

**Time:** 2:00 pm

**Location:** Various locations

Bring your friends and families for a community celebration honoring Dr. Mince! This family friendly event will feature a Kindness Walk, activities in the gym with our Lynx athletes, stuff-a-Lynx, crafts, coloring sheets, snacks, and more! This is a family and kid friendly event!

## Pop Trivia with the Pres!

**Date:** Tuesday, Nov. 19

**Time:** 11:00 am to 1:00 pm

**Location:** Café

Come celebrate the inauguration of Carroll's fourth president, Dr. Rose Mince! We'll have free food, raffle prizes, crafts, and more! Play a special game of pop trivia from 11:30 am to 12:30 pm.

All students who attend will be entered to win an electric bike!



Carroll Community College | 1601 Washington Road | Westminster, MD 21157 US

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