

# Don't Break the Bank!

A Guide to Help Dalton State Students Get the Most for their Money.



## INTRODUCTION

Welcome to Dalton State College! Whether this is your first year on campus, or fifth, one thing you are probably thinking about consistently is money and budgeting. You are asking yourself questions like, “Where is the most affordable place to buy groceries?” and “How do I afford a social life on top of everything else?” If you are asking yourself these questions, you have come to the right place! “Being Not-Rich at Dalton State College” is a guide for Dalton State Students to refer to when looking for ways to save money. We have information on everything from finding food to ways to save on entertainment.

## AN OPEN-ACCESS RESOURCE

This is an open-access document that we hope you will contribute to. Initially informed by [this article by Jeremy Bauer-Wolf](#). Over the past year, Dalton State has had several contributors to assist with developing the guide you see today. This is an ever evolving document. Please correct any inaccuracies and add any info you're willing to share with the rest of us who aren't so rich and need to get the most out of the money we do have. You can contribute by making comments throughout the documents. All comments will be reviewed by a moderator and updated regularly.

# TABLE OF CONTENTS

[INTRODUCTION](#)

[AN OPEN-ACCESS RESOURCE](#)

[TABLE OF CONTENTS](#)

[Employment](#)

[Career and Professional Development](#)

[On Campus Jobs](#)

[Off-campus jobs](#)

[Internships](#)

[Housing](#)

[On-Campus Housing](#)

[Off-Campus Housing](#)

[Transportation](#)

[Public Transportation](#)

[Airport Transportation](#)

[Textbooks and Course Resources](#)

[Purchasing Textbooks](#)

[Purchasing Laptops](#)

[On-Campus Technology Resources](#)

[Affordable Clothing](#)

[In Dalton, Georgia](#)

[In Chattanooga, Tennessee](#)

[Food](#)

[Food Stamps/ SNAP](#)

[The Birdfeeder](#)

[Commuter Meal Plan](#)

[Free Food on campus](#)

[Grocery Shopping](#)

[Food Preservation](#)

[Health and Wellness](#)

[Physical Health Resources](#)

[Study Abroad](#)

[What is Study Abroad?](#)

[Funding](#)

[Social Life and Entertainment](#)

[Things to do in \(and around\) Dalton:](#)

[Things to do outside of Dalton](#)

[Finances](#)

[Financial Aid](#)

[Budgeting and Saving](#)

[Managing Debt](#)

[Taxes](#)

## Employment

Choosing what jobs and how many jobs to apply for is based on your circumstances and income needs. This section is about how to navigate the on-campus and off-campus job sector while studying at Dalton State College.

### Career and Professional Development

The Office of Career and Professional Development at Dalton State College offers many ways to help you prepare for a job or internship. The Assistant Director for Career and Professional Development, Mallory Safley, is always willing to meet with students! Schedule an [appointment](#) today or email [career@daltonstate.edu](mailto:career@daltonstate.edu) if you have any questions. Visit the Career and Professional Development [webpage](#) to learn more specifics about the office. Here is a list of some of the resources to utilize when looking for and preparing for a job or internship:

- **Choosing or Changing a Major:** If you are unsure of what major to choose, or you are thinking about changing your major, Career and Professional Development can help! You can take an assessment, and then meet with Mallory to discuss your results. Your results will suggest majors that may best suit you, and even suggest careers. Visit the [webpage](#) to take the assessment and schedule an [appointment](#).
- **Purple Briefcase:** This is Dalton State's online job board. Businesses post job and internship opportunities for Dalton State Students to see. [Log in](#) or create an account using your Dalton State student email to see job postings!
- **Resume Review:** Whether you are applying for a job, internship, graduate school, or need a resume for a class, Career and Professional Development can help you create or polish your resume, CV, and/or cover letter! Visit the [webpage](#) to learn more!

- **Interviewing 101:** If you are feeling uneasy about an upcoming interview, Career and Professional Development can help! You'll go over general questions and get tips on how to prepare. You can even [schedule](#) a MOCK interview to help you get a feel for what an interview is like! Questions about what to wear and how to present yourself will be covered as well.
- **The Career Closet:** The career closet offers professional clothing to students and alumni! Stop by the Nest to visit the closet. It is located in the lower level of Pope next to the game room. There are shoes, button-ups, suits, ties, skirts, dresses, and much more! When you find something you like, it is yours to keep!

## On Campus Jobs

Most positions on campus are called “work study” positions. The work study program is part of the financial aid package, and is re-determined each year depending on your FAFSA eligibility.

When filling out your FAFSA, you must indicate that you are interested in the work study program. There is a certain amount of federally - and College- funded dollars you can earn in a work study position at Dalton State. The money is intended to go toward tuition, but the paychecks get made out to you like any other job and can be used toward any of your expenses. Work study positions are a great way to find part-time work with capped hours (19.5 hours per week) that can be supplemented with an additional job or can accompany a scholarship. A work study position is a great way to make professional connections and to link you to additional work on campus.

There are many on-campus jobs that you can apply for, but start asking around as soon as classes start each semester, as these positions can fill up fast! Always keep an eye on E-beeps and Stall Walls, and consistently check [Purple Briefcase](#) where all on-campus employers are required to post their work study positions.

Some common positions on campus are in the following departments:

- Dean of Students Office: Office Student Workers, Birdfeeder Staff, Tutors, Supplemental Instructors, Game Room Workers
- Enrollment Services: Orientation Leaders
- Campus Recreation

## Off-campus jobs

If an on-campus position isn't the right option for you, an off-campus job is always an option! A lot of our students have jobs at local restaurants, or at other businesses in the community. You can visit any business and ask if they are hiring, or how to apply. If you need help preparing for an interview, writing your resume, or finding professional clothing, reach out to the Assistant Director for Career & Professional Development, Mallory Safley, in the Dean of Students Office at [career@daltonstate.edu](mailto:career@daltonstate.edu). Also, always check out [Purple Briefcase](#) for any open off-campus positions.

The Office of Career and Professional Development does host a Part-Time Job fair every year, that includes on and off-campus positions. Always check the Career & Professional Development [webpage](#), the E-Beep and/or Stall Walls for those dates!

## Internships

Internships are a great way to gain the necessary field experience in your particular field! There are many internships or other experiential learning opportunities that you can find related to any degree. The Office of Career and Professional Development hosts an Internship Fair every year, so always be on the lookout for that event! Companies that offer internships, fellowships, clinicals, student teaching, and/or co-ops will be there to give you more information about what opportunities they offer, and some may even take your resume on the spot! Also, speak with your advisor about experiential learning opportunities. Always stay connected on [Purple Briefcase](#) to remain updated on internships that are submitted to Career and Professional Development.

# Housing

Living on campus can be more expensive than living in an apartment, but there can be many perks to it. Before deciding on whether to live on or off campus, there are important things to consider:

- Do you have access to a car or another form of reliable transportation?
  - If you don't have reliable transportation, living on campus is the best way to guarantee that you will be able to make it to your classes. If you have a car, consider if you will be able to afford gas to drive to class and back home everyday.
- Will you have enough money to afford monthly rent? One of the best perks about living on campus is that it can be paid by any financial aid you receive, and it is all paid at the beginning of the semester. You don't have to worry about monthly payments!
- Do you want to be near friends, campus resources, and events? Living on campus keeps you in the middle of all the action!

## On-Campus Housing

More information about on campus housing [here](#)

- **Room Types:** Mashburn Hall has three different types of suites to choose from. Students with less than 12 credit hours must live in the 2bedroom/1bathroom shared semi suite. Those with more than 12 credit hours can choose between all three options, on a first come, first served basis. Here are the three different rooms available, and pricing for the 2019 - 2020 school year:
  - **2 Bedroom/1 Bathroom Shared Semi Suite:** \$2,650 per semester. This means there are two bedrooms, with two students staying in each room. There is one split bathroom, meaning the shower and toilet are in a separate room from the sink and mirror.

- **4 Bedroom/2 Bathroom Private Semi Suite:** \$3,125 per semester. This is the most popular room option. There are four bedrooms, with only one student in each room, and two bathrooms. The sink for each bathroom is separate from the shower and toilet. There is a shared living space that is great for hanging out with roommates!
- **2 Bedroom/ 1 Bathroom Private Semi Suite:** \$3,250 per semester. There are 2 private bedrooms and one bathroom. The shower, toilet, and sink are all in separate rooms, and there is a small shared living space.
- **Meal Plans:** Living on campus requires a student to also purchase a meal plan.
  - The Roadrunner Meal Plan is required for all residential students, for \$1,565 per semester. This provides students with 19 meals per week. Students who have 90+ credit hours have the option to choose the Senior Meal Plan for \$899 per semester instead of the Roadrunner Meal Plan. This provides students with 100 meals per semester. More information about residential meal plans [here](#).
- **1.3. Easy access to all Campus Resources:** Living on campus gives easier access
  - to all of Dalton State’s resources. Did you forget about the paper that is due at 8:00am, but don’t have a laptop or printer? Walk over to the library to revise and print it! Feel the need to work off some stress by working out? Walk over to Bandy Gym for a workout! By living on campus you also have access to the group study spaces on each floor (including a whole wall that acts as a whiteboard), and the Learning Commons!
- **1.4. Community Kitchen and Game Rooms:** There are two community kitchens
  - and two game rooms in Mashburn Hall. Cook your meals in one of the kitchens with your roommates, or check out a game on the Xbox One in one of the game rooms!

## Off-Campus Housing

- **Apartments participating in affordable housing programs in Dalton, GA**
  - Certain apartments in the community are considered a part of the affordable housing program. This means that in order to live in the apartment complex, your household must make under a certain amount of money each year.
  - **Dawnville Meadows:** Dawnville Meadows offers 2 and 3-bedroom apartments, and a community pool, fitness center, and other recreational activities. They are a pet friendly community!
    - [Find out about the amenities they offer.](#)
    - And learn about the floorplans and required household income [here](#).
  - **The Cliffs Apartments:** The Cliffs Apartments are another affordable housing complex in Dalton, GA. They offer 1-, 2-, 3-, and 4- bedroom apartments and are right across the street from Walmart. Visit their [website](#) or call them at (706) 278-1101
- **Other apartments close to Dalton State College**
  - **Legacy of Dalton:** 2111 Club Dr. Dalton, GA 30720
  - Phone: (706) 226-3012
  - <https://www.facebook.com/LegacyOfDalton/?rf=319141165337976>
  - Walking time to campus: 15 min
  - Drive time to campus: 2 min

- Rooms: 1,2,& 3 bedrooms
- Price range: \$770-1075 (as of Fall 2020)
- Pet friendly!
- Community swimming pool, fitness center, and other outdoor activities
- **Park Canyon:** 284 Park Canyon Dr. Dalton, GA 30720
- Phone: (888) 598-7028
- <http://www.parkcanyonapts.com/en/>
- Walking time to campus: 5 min
- Drive time to campus: 2 min
- Rooms: Studios, 1, &2 bedrooms
- Price range: \$605-\$820 (as of Fall 2020)
- Arbordale:
  - 804 N Tibbs Rd, Dalton, GA 30720
  - Phone: (706) 226-5722
  - <https://www.apartments.com/arbordale-apartments-dalton-ga/gp1602z/>
  - Walking time to campus: 10 min
  - Drive time to campus: 3 min
  - Rooms: 1,2,& 3
  - Price: \$795 -\$995 (as of Fall 2020)
- Huntington Place Apartments100 Brothers Ln, Dalton, GA 30720
  - Phone: (706) 226-2361
  - <https://huntingtonplace.net>
  - Driving time to campus: 7 min
  - Rooms: 1.2. & 3 bedrooms
  - Price: \$ 690- \$ 925 (as of Fall 2020)

# Transportation

## Public Transportation

- **Whitfield County Transit Service:** Whitfield County offers a transit service that can pick you up and take you to your desired, local destination for \$4 for each one-way trip. If you believe you will use this service often, they also offer a coupon book that holds 10 one-way coupons that can be purchased for \$30.00. That makes it \$3 each trip instead of \$4. It is recommended that you call at least the day before your desired trip, because the bus can fill up quickly, and it is on a first come-first served basis.
- **Greyhound:** There is also a Greyhound bus stop in Dalton, off of exit 326, that can take you directly to the Atlanta Airport, or some other cities in Georgia, or outside of the state. The fee for one-way trips will be different depending on how far you want to travel, and how far in advance you reserve your spot. Find more information [here](#).

## Airport Transportation

We have two airports that our community uses: The Chattanooga Airport (CHA) and the Atlanta (ATL) Airport.

### Traveling to the Chattanooga Airport

- **Greyhound:** The Greyhound does not drop you off at the Chattanooga Airport. But, there is a Greyhound bus stop in Dalton, off of exit 326, that will take you to Downtown Chattanooga for \$13 - \$15 depending on when you reserve your trip. From there, you can have the option to take an Uber or Lyft. More information on Greyhound [here](#).
- **Asking a friend or family member:** Unfortunately, there aren't many options to get you from Dalton to the Chattanooga Airport. Uber or Lyft could be an option, but Dalton does not have many drivers in the area. Asking a friend or family member to drop you off at the airport may be your best option! Offering to pay \$10 in gas money, if an option for you, may be more affordable than a lift/uber/taxi any way!
- **Parking Fees:** Parking fees at the Chattanooga Airport range from \$9 - \$20, depending on the lot you park in. More information [here](#).

### Traveling to the Atlanta Airport

- **Groome Shuttle:** There is a stop in Dalton that can pick you up at their bus stop and drive you to the Atlanta Airport. This Groome service costs \$44 one way, or \$88 round trip per adult. Visit Groome's [website](#) for more information.
- **Greyhound:** There is also a Greyhound bus stop in Dalton, off of exit 326, that can take you directly to the Atlanta Airport. The fee for one-way trips ranges between \$20 and \$30, depending on how far in advance you book your trip. More information [here](#).
- **Parking Fees:** If you drive yourself to the airport, you have the option to park on-site, or off-site. Off site parking is only \$6 a day, and a shuttle to the airport is included. On-site parking ranges from \$10 to \$19 a day, depending on the lot you park in. More information [here](#).

# Textbooks and Course Resources

## Purchasing Textbooks

Getting textbooks for class can be an additional stress to the beginning of the semester, as some can cost \$100 or more! This section will help you learn about some resources to consider when looking for textbooks and other course material. Before classes begin, you can research what textbooks and other materials you may need by visiting the DSC Bookstore [website](#).

Many students will recommend attending the first class before buying a textbook. Occasionally the syllabus will say a textbook is required, but in class the professor will say that is recommended, or even optional. When a professor mentions a textbook is optional, consider what type of student you are: do

you need the extra reading to keep up or to better elaborate on the material? Or are you a great listener and note taker in class? If you decide to not buy the textbook right away, the bookstore will have them in stock throughout the semester to purchase the day you need it. You can also ask your professor if the latest edition of the book is required. Sometimes professors list the 5th edition of a book, when the 3rd edition will work just as well. Be sure to communicate with your professors when you have questions!

**Dalton State Bookstore:** You can purchase textbooks, iclickers, and other school materials at Dalton State's Bookstore, located in the upper level of the Pope Student center. You can purchase materials online or in person!

- **Price Matching:** The Bookstore "price matches" textbooks. If you find the exact book that you need at a more affordable rate from Amazon, Barnes and noble, or a local campus competitor, they will "price match" that book, giving you the difference in price back as a bookstore gift card. You could then use that gift card toward another textbook, school supplies, or a snack! More details about "price matching" can be found [here](#).
- **Paying with Financial Aid:** One of the biggest perks to buying textbooks and other materials at the bookstore is the option to pay with financial aid, even before you receive your refund. If you know you will be receiving a refund after tuition and fees are paid for, you can use your Student ID to pay for what you need. You will receive an email in your Dalton State email with specific dates that this option is available. In the past, it has typically been the week before classes start, and the first week of classes. If you use this payment method, the total spent will be taken directly out of your refund.
- **Renting Textbooks:** Instead of purchasing at full price, you may have the option to rent textbooks. When doing this, you will sign an agreement that the book or item will be returned at a specific date. If it is not returned, you will be charged the remaining amount of the full price textbook, so write this date down on your planner!
- **Amazon:** Amazon can have more affordable options when it comes to buying textbooks. You can search for books you need by searching the ISBN number. This is the number under the barcode on the physical book- the bookstore website or professors' syllabi should list this number. If you or a friend or family member have Amazon Prime, you can order your textbook and receive free two-day shipping on eligible purchases. Amazon also has the option to rent textbooks. Similar to the Dalton State Bookstore, you will sign an agreement to send the book back by a certain date. Amazon even provides you with a shipping label!
- **Facebook Page: Dalton State College Book Exchange:** If you have a Facebook page search for the page "Dalton State College Book Exchange" and join that page. This is where a lot of current and former DSC students will post books and items purchased for a class at a discounted rate. You can post your own items to sell, or reach out to a seller to buy. If buying, you will set up a date/time to meet to exchange payment for the item. It is not uncommon for this to happen on campus at Dalton State.
- **Chegg:** [Chegg](#) is an online resource that students use to purchase or rent textbooks. They even offer study and homework help!

## Purchasing Laptops

Laptops are rarely required for classes, however, they are very convenient to have. If you want to look for a new laptop, below are some possible deals or discounts you can receive. Always remember to search everywhere for the best deals; Even though you may receive a student discount, that doesn't mean you can't find that item for a better price somewhere else!

- **Apple:** [Apple](#) offers student discounts for current and newly enrolled students. The discount can vary year to year.
- **Microsoft:** [Microsoft](#) offers student discounts; they can vary from year-to-year and depend on availability.
- **Chromebooks:** Chromebooks a great deal if you know you won't need complex software, just a browser and internet access, for your major. Chromebooks range from \$150-\$250 on Amazon.

## On-Campus Technology Resources

- **Roberts Library:** [Roberts Library](#), Dalton State's on-campus library, has many computers available for students to use throughout the day. The computers will print directly to the printers in the library. Make sure you bring your Student ID to purchase the printing materials! Your ID will have \$15 of printing money loaded to it each semester. You can always add more throughout the semester!
- **Printers across campus:** There are printers in almost every building on campus, including Mashburn and the Pope Student Center. You can use your laptop or phone to print to printers across campus. You have \$15 dollars loaded on your student ID each semester for printing, and you can always add more if needed. This is a great way to print if you do not have a printer at home, or even if you do, to save money on paper and ink! To learn how to print from your device and how to add money to your student ID visit the [website](#).
- **Microsoft Software**
  - **Office 365:** Students enrolled in a college or university can sign up for Office 365 Education for free. This includes Word, Excel, PowerPoint, OneNote, and Microsoft Teams. All you need is a valid school email address. More information and sign up [here](#).

# Affordable Clothing

Clothing does not have to be expensive. Below are some affordable clothing options in the Northwest, GA area. We have attempted to split up suggestions by city.

## In Dalton, Georgia

- **Dalton State's Career Closet:** If you need professional clothing, your first step should be to visit the career closet. Dalton State students can visit the Career Closet to browse through a variety of

clothing and sizes. This includes dresses, skirts, blouses, shirts, ties, pants, blazers, and even shoes! If you know you have an event that requires professional clothing, do not wait until the day of to visit; Because items are donated, there is no guarantee you will find everything you need. But, if you do find something, it is yours to keep, and is completely free! Visit the career webpage to learn more!

- **Providence Ministries:** [Providence Ministries](#) is a local thrift store and homeless shelter. The proceeds from items sold support the homeless shelter and kitchen that is in the same building. The thrift store has a variety of clothing options at a very affordable cost! Take the time to search through all of the clothing and you may come away with a full (and cheap) outfit. Didn't find everything on your first visit? Stop by next week! Their items are always changing. Local address: 711 S Hamilton St, Dalton, GA 30720
- **Salvation Army:** [The Salvation Army](#) is another thrift store located in Dalton. Visit and search through all of their clothing; you never know what you may find! Local address: 1102 N Thornton Ave, Dalton, GA 30720
- **Ross:** [Ross](#)' tagline is "dress for less." They have a variety of brand new, name-brand clothing that have marked-down prices. They have all types of clothing, including shoes, and their inventory changes often! Here is the local address: 1310 West Walnut Avenue Dalton, GA 30720

## In Chattanooga, Tennessee

If you have a vehicle, or can have a shopping day with a friend with a car, here are some places to check out in Chattanooga for affordable clothing!

- **Goodwill:** [Goodwill](#) is another thrift store that has a lot of clothing options for a very affordable price! Some days, certain items will have a discount on top of the already low prices. Even better, occasionally they will have a day where customers get 50% off their purchase! Address: 7601 E Brainerd Rd Chattanooga, TN 37421
- **Style Encore:** Style Encore is a clothing resale store that sales gently used, name brand (women's) clothing. They mostly have nicer clothing; business casual, professional, although they do sell some shorts and jeans. If you have clothing you can no longer wear, you can bring it to style encore and try to sell for in-store credit. Dresses at Style Encore start at \$8 or so. Website: <https://style-encore.com/> Address: 2200 Hamilton Pl Blvd #A1, Chattanooga, TN 37421
- **Plato's Closet:** [Plato's Closet](#) is the "sister" store to Style Encore mentioned above. They sell name brand clothing in both men and women. They sell more casual clothing: shorts, t-shirts, jeans, jackets, etc. If you have clothing you need to get rid of, you can bring it to Plato's Closet to sell for in store credit. They work directly with Style Encore for buying/selling, so you don't have to try to sell items at both places! Address: 2200 Hamilton Place Blvd Chattanooga, TN 37421
- **H&M:** [H&M](#) is a store inside the Hamilton Place Mall. They sell affordable clothing that is well made. They have a constant rotation of items that are on clearance, so you may be able to find an even better deal! Men's jeans often start at \$12. If you have clothing of any kind, in any condition, you can bring it to H&M and donate it! They take the donated items to resale, and what can't be sold will be turned into rags and towels for cleaning. If you donate clothing, they will give you a [15% off your purchase coupon](#) that can be used on top of the already low prices,

including clearance items. Address: 2100 Hamilton Place Blvd 37421 Chattanooga, TN, inside the Hamilton Place Mall

# Food

## **Food Stamps/ SNAP**

The Supplemental Nutrition Assistance Program (SNAP), also called Food Stamps, may be an option for you if you have a lower family income. This program provides monthly funds for you and your family to purchase groceries with. Learn more about Georgia SNAP [here](#) and find out how to apply [here](#).

## **The Birdfeeder**

The Birdfeeder is Dalton State's on-campus food pantry that is available to ALL students with a valid Student ID. Students can visit once a week and choose from 10 sections of food and hygiene items. The Birdfeeder is stocked by monetary and in-kind donations, so the inventory changes day-to-day. Some items that can usually be found are boxes of cereal, canned vegetables, peanut butter, jelly, toothpaste, feminine hygiene items, pasta, soups and ramen noodles, and so much more. The Birdfeeder is FREE for students to use. It is located in the Nest found in the lower level of the Pope Student Center. For more information, visit the Birdfeeder's [webpage](#).

## **Other Local Food Pantries**

All information listed in this section has been verified with the resource provider as of Fall 2020. All students both full and part time are eligible. Items of note from each provider have been listed as well.

### **Whitfield county providers:**

#### **Central Church of Christ**

- Location: 515 N Tibbs Rd, Dalton, GA 30720
- Drive time from campus: 2 min
- E-mail: [centralcoc@ccocdalton.org](mailto:centralcoc@ccocdalton.org)
- Phone number: 706-278-8051
- Food assistance offered: Food Pantry
- Days/ times offered: Mon-Fri 10am-12pm
- Items of Note: They will have a form there for students to fill out of very simple, basic information

### City of Refuge

- Location: 416 S Glenwood Ave, Dalton, GA 30721
- Drive time from campus: 10 min
- E-mail: pamelacudd@cityofrefugedalton.org
- Phone number: 706-226-1301
- Food assistance offered: Food Pantry
- Days/ times offered: Due to COVID-19 we offer a drive through pick-up service on Wednesdays 1:00 - 3:00 until further notice
- Items of Note:
  - Anyone who meets the below Georgia poverty guidelines qualifies for food assistance at City of Refuge. Poverty guidelines found [here](#).
  - What to bring with you: There are forms each recipient needs to complete when they arrive. They will need the following documentation:
    - Photo ID
    - Social Security Card
    - Proof of residency in Whitfield County
    - Proof of income

### Dalton Seventh-day Adventist Church

- Location: 300 S Tibbs Rd, Dalton, GA 30720
- Drive time from campus: 5 min
- E-mail: daltonsdachurch@gmail.com
- Phone number: (706) 226-2166
- Food assistance offered: Food Pantry
- Days/ times offered: Tues 1-2pm
- Items of Note: Bring Identification with you

### First Baptist Church Dalton

- Location: 311 N Thornton Ave Dalton, GA 30720
- Drive time from campus: 8 min
- E-mail: connections@fbcdalton.org
- Phone number: 706-278-2911
- Food assistance offered: Prepared Food Box
- Days/ times offered: Mon-Thurs 8:30am-5pm, Fri 8:30am-12pm
- Items of Note: There is an application students will need to fill out when they pick up the box

### Salem Baptist Church of Dalton

- Location: 1448 Pleasant Grove Dr. NE Dalton, Ga 30721
- Drive time from campus: 20 min

- E-mail: info@sbcdalton.org
- Phone number: 706-259-7045
- Food assistance offered: USDA box of non-perishable food once per month
- Days/ times offered: each third Thursday of the month from 10am to 1pm
- Items of note:
  - · There is no requirement to receive food other than filling out a registration form when they arrive and briefly speaking with a counselor about their spiritual needs and having prayer with them.
  - · Participants receive a food ticket when they register and present this at the food trailer for their box of food as they leave.
  - · A kind volunteer will offer to load the food box into their car. Occasionally we may also have various perishable items that may also be available. For instance, in the past on occasion we have also offered eggs, apples, fresh vegetables and last month a supply of boxed frozen chicken.

### Varnell United Methodist Church

- Location: 3485 GA-2, Cohutta, GA 30710
- Drive time from campus: 17 min
- E-mail: tammy@varnellumc.org
- Phone number: 706-694-8023
- Food assistance offered: Food Box
- Days/ times offered: 1st and 3rd Wednesday of the month from 9:30 am- 12pm
- Items of note:
  - Student must be at least 18 years old and not part of another family who already received a box.
  - There are forms they need to fill out, which they fill out in their car.
  - A picture ID is required for every member of the household.
  - They must be from Whitfield or Murray County only or living there as a student.

### **Murray County Providers**

#### Holly Creek Baptist

- Location: 422 Holly Creek Cool Springs Rd. Chatsworth, GA
- Drive time from campus: 30 min
- E-mail: lsparks@hollycreekbaptist.org
- Phone number: 706-695-8522
- Food assistance offered: Food box
- Days/ times offered: 10am-1pm 2nd Thurs. of the month
- Items of note: Any one is eligible

#### Homeland Baptist

- Location: 472 Treadwell Rd, Chatsworth, GA 30705
- Drive time from campus: 25 min
- E-mail: [homelandbc@outlook.com](mailto:homelandbc@outlook.com)
- Phone number: 706-517-9175
- Food assistance offered: Food Box
- Days/ times offered: Sun & Fri 8:30am-2:30 pm
- Items of Note:
  - The only thing needed from students is a little information from them on the number of people being fed from the box of food.
  - It's usually just one box per month, but if there happens to be an emergency, please contact the church.

### Rockbridge Community Church Chatsworth Campus

- Location: 40 Bowtie Blvd. Chatsworth, GA 30705
- Drive time from campus: 22 min
- E-mail: [chatsworth@rockbridge.cc](mailto:chatsworth@rockbridge.cc)
- Phone number: 706-279-3175
- Food assistance offered: Food box
- Days/ times offered: Check [website](#)

### **Commuter Meal Plan**

There are both residential meal plans and commuter meal plans available for students.

Residents of Mashburn Hall are required to purchase a residential meal plan, and commuter meal plans are optional for all other students, and faculty and staff. There are three levels of commuter meal plans to choose from:

- Block 20 Meal Plan: \$170 for one semester. This includes 20 meals for the semester and \$25 dollars in Roadrunner cash.
- Block 35 Meal Plan: \$280 for one semester. This includes 35 meals for the semester and \$35 in Roadrunner Cash.
- Block 55 Meal Plan: \$420 dollars for the semester. This includes 55 meals for the semester and \$50 in Roadrunner Cash.

Meals include one entree, one side, and one drink. The commuter meal plans does not include meals during All-you-care-to-eat hours, like during dinner.

The meals plans can seem a little expensive, but if you consider how convenient the location of the cafeteria is on campus, it can be worth it. Another perk is that you can pay for it using your Financial Aid.

If you use the meal plan in its entirety each semester, you will definitely save money in the long run.

Learn more about meal plans [here](#).

## Free Food on campus

Many events or meetings on campus will provide free food or snacks. Take advantage of this when your class schedule allows! Check the Stall Wall and E-Beep for upcoming events during the week, and stay for the event! You may make new friends while enjoying the event and its food.

## Grocery Shopping

Smart grocery shopping is very important, especially while living on a budget. Below are some stores that are known to be more affordable, or have coupons to use that can help save money.

Here is how I have been doing my grocery shopping lately, using 3 different stores:

1. The day before I need to go grocery shopping, I add any digital coupons (Kroger), make a list of what I need, and write down the Kroger price of items (using the app).
  2. I take my list of items to Aldi first, and see what I can find at a better deal than Kroger offers. This **ALWAYS** includes shredded cheese, milk and yogurt. Most of the time eggs, fruits, and vegetables are cheaper at Aldi, but sometimes Kroger has a deal on them which is why I always look at the Kroger deals before heading out! I buy everything I can find at Aldi that is a cheaper price than Kroger, even if it is only five cents cheaper... that five cents adds up in the end!
  3. Then I drive to Kroger, and buy everything else on my list (except meat). When I am getting low on meat in my freezer, I drive to United Grocery Outlet and stock up on various meat, and put it in a freezer bag and store in the freezer until I need it.
- **Aldi:** Aldi is a store known for its deals. They sell all sorts of groceries at a discounted price. The only catch is that most of it is "off-brand." But just because it is off brand doesn't mean that it won't taste delicious! Make sure you bring your own bags (you have to pay extra for plastic or paper bags) and take a quarter! To use a shopping cart, you have to insert a quarter to unlock it for use. Don't worry, when you put the cart back when you are done, you will get your quarter back! Dalton address: 2210 E Walnut Ave, Dalton, GA 30721
  - **United Grocery Outlet:** If you need meat, UGO is the place to go. They have all kinds of meat at a more affordable price than almost anywhere else. You can buy chicken legs, chicken wings, beef, steaks, pork chops, and so much more. This is the only place I buy meat! I buy it by the bulk when I go, so that I only have to drive that way once a week. You can buy freezer bags and freeze your meat until you need it! It will last a while in the freezer. I do not recommend buying anything but meat at UGO, as it seems that their prices on everything else are a bit overpriced.
  - **Kroger:** Kroger has food at about the same price as Walmart, but I have grown to love Kroger so much more! Download the app and create a profile; by doing this you will create your own "plus card" which is the key to all of the deals! On the app, go to coupons, and it will list all of the digital coupons they are offering. Click "Load to Card" when you find a coupon you want to use, and then when you check out make sure to add your plus card number and the coupon will automatically come off! On top of digital coupons, I love Kroger because they are constantly offering deals on different items every week. They offer "Friday and Saturday Only" digital coupons (you can find them in the app), "5x event digital coupons" where you can use that

coupon up to 5 times in one transaction. They also offer a “Buy 5, Save 5” deal on various items. This means if you buy 5 of the qualifying items, you save an extra \$5. If Kroger is having a sale on an item, and there is a digital coupon for that item, you can get both deals! Check out Kroger during holidays and back-to-school weekends. They tend to have the best deals on these weekends!

- **Kroger Fuel Points:** By shopping at Kroger and using your Plus Card, you also gain fuel points. You can see the amount of fuel points you have on your app or on your receipt. If you get gas at Kroger gas stations, you can use these points to save money on gas!
- **Ibotta:** Ibotta is an app that you can download to your phone to receive cash back on certain purchases. If you create a profile and pick your favorite stores, you can see what they are offering cash back on. If you see something that you purchased, you activate it. When done activating, you scan or take a picture of your receipt and it will verify that you bought the items, and give you that cash back! You have to earn \$20 before you can claim the money, and that may take a while depending on how often you shop, but any amount helps!
- **Downtown Dalton Farmer’s Market:** During the summer, visit the Downtown Dalton Farmer’s Market for fresh produce, crafts and other items. It is located at Dalton Green Park- on the corner of Thornton Avenue and Waugh Street. Those that receive SNAP can double their EBT transactions. For example, if one utilizing SNAP purchased \$5, they would be reimbursed in \$10 of tokens that can only be used specifically at the Downtown Dalton Farmers Market to buy fruits, vegetables, honey, jams/jellies, baked goods, and flowering plants. Check out their Facebook page [here](#).

## Food Preservation

- **Frozen and Canned Goods:** Frozen and canned goods can be very healthy and affordable options. They have a longer shelf life than fresh produce. Look for versions without added salt, sugar, and fat when possible for the most nutritious options.
- **Bread:** If you buy bread or bagels, you can freeze them and they will be good for six months after the expiration date. When I buy bagels I freeze them right away, then take out a bagel as I need it. I stick it in the microwave for 10 seconds to thaw it, and then toast it as usual! Since I don’t eat bagels every day, this is a great way to make sure I don’t waste any food!
- **Meat:** According to the United States Department of Agriculture, meat that is stored at exactly 0 °F will always be safe to eat. More information about freezing meats can be found [here](#).

# Health and Wellness

## Physical Health Resources

### Dalton State’s Health and Wellness Program

- **Ken White Student Health Center:** The [Ken White Student Health Center](#) offers free health services to currently enrolled students. Students under the age of 18 must have parental consent to be seen in the clinic. They offer screenings for: upper respiratory

infections, strep throat, influenza, mononucleosis, sinusitis, ear infection, conjunctivitis, UTI, toothaches, pregnancy, blood pressure monitoring, blood glucose monitoring, and STI testing.

- **Fitness Center:** Dalton State has a fitness center in Bandy Gymnasium that is free to all students, with your student ID. They have locker rooms to use, bring your own lock to if you want to lock your locker.
- **Personal Training:** Students can benefit from a free [Personal Trainer](#) during their time at Dalton State. Personal training can have multiple sessions to help you progress with your workouts and achieve your goals. If needed, you can also schedule a one-day training session to learn how to use the equipment. To schedule your personal training appointment, pick up a personal training packet at the fitness center desk in Bandy Gym.
- **Fitness Classes:** Dalton State's Health and Wellness Program offers multiple [Fitness Classes](#) throughout the school year that are free to all students. Some classes offered are Core Yoga, Functionally Fit Yoga for Relaxing, and other workshops.

### **Mental Health Resources**

- **Dalton State's Health and Wellness Program:** Dalton State offers mental health resources to students. They offer [Counseling Services and Outreach Services](#).
- **Counseling Services:** Counseling Services that are offered are group therapy and individualized counseling. All counseling services are treated with the strictest of confidence. For an initial "intake" meeting, visit the counseling center during walk-in hours. During the summer semester, call the counseling center to schedule an initial appointment.

### **Local Community Health and Mental Health Resources**

Compiled by the counseling center, [this list](#) includes Mental Healthcare and Medical Healthcare for the Insured and Non-insured, a variety of crisis lines and non-healthcare related organizations.

Non-healthcare related organizations include those that address:

- Family / Parent / Relationship Support
- Sexual Assault / Domestic Abuse / Family Violence
- Parenting & Family Support / Shelters
- Child Care / Low Income
- Elder Support
- Georgia Drug Courts
- Employment Services
- Vocational / Educational / Financial Related Organizations
- Legal Assistance
- Latino Services
- LGBTQ Resources
- Sexually Transmitted Disease Resources
- Support Groups

- Utility / Rent Assistance
- Transportation

# Study Abroad

## What is Study Abroad?

[Studying Abroad](#) is the opportunity to take a course and get credit, while visiting a different country. Learn about the different programs offered by Dalton State [here](#).

## Funding

Each Study Abroad program will vary in cost depending on location and other factors.

- **HOPE Scholarship:** The HOPE scholarship can be applied to an accredited study abroad opportunity. Contact financial aid to learn more about what HOPE can be applied to.
- **Dalton State Foundation Study Abroad Scholarships:** Each year Dalton State offers a limited number of Foundation Study Abroad [Scholarships](#). To learn more about those.
- **External Scholarship Resources:**
  - **Gilman Scholarship:** [The Gilman Scholarship](#) is for Pell Grant recipients, and can be valued for up to \$5,000. You're more likely to get it if you are traveling to an underserved country, basically if you're not going to Western Europe.
  - **Boren Fellowship:** The [Boren Fellowship](#) is for study in areas or languages the government deems critical.
  - **Freeman-ASIA Scholarship:** Students who currently receive need-based financial aid or demonstrate a verifiable need for financial assistance to participate in study abroad. Students applying for the [Freeman-Asia Scholarship](#) scholarship must have applied, or been accepted to a study abroad program in certain areas of Asia.
  - **Fund for Education Abroad Scholarships:** "[The Fund for Education Abroad Scholarships](#) invests in promising students with financial need who wish to study abroad." Scholarships range from \$1,250 - \$10,000 and can be applied to programs that run for at least 28 days. To apply, a recommendation letter is required from a professor, advisor, or supervisor.
  - **Other scholarships available:** Learn more about other scholarships for Study Abroad [here](#).

# Social Life and Entertainment

## Things to do in (and around) Dalton:

Check out the ever-changing events and things-to do in Dalton [here](#).

Here are some places to visit or events that are consistent:

- **Civil War Railroad Tunnel Tour:** The [Civil War Railroad Tunnel Tour](#), located in Tunnel Hill, GA, take a Deluxe Tour that includes a guided tour through the 1850's railroad tunnel, the Clisby Austin House, and an early 1900's General Store for \$7 per person. The Great Locomotive Chase tour includes the tunnel and is \$7 per person. Take both tours for only \$12 per person! There is also the Railroad Tunnel Museum that showcases artifacts from the Civil War.
- **Creative Arts Guild:** One of the oldest Arts Guilds in the state of Georgia, the [Creative Arts Guild](#) welcomes visitors to view the art gallery for **free**.
- **Escape Dalton:** Think you have what it takes to escape? [Escape Dalton](#) offers multiple themed escape rooms to choose from. You can go by yourself and join another group, or bring a group of 2-8 friends! Escape Dalton is \$25 per person.
- **Dalton Summer Music Series:** During the summer, Dalton hosts multiple free concerts. During the summer, check out the [schedule](#) to learn of dates and artists!

## Things to do outside of Dalton

Chattanooga is about 25 minutes away from Dalton! Checkout the Chattanooga event [calendar](#).

If heading to downtown Chattanooga, be prepared to pay \$5 - \$10 for parking. Search for parking lots or garages, and learn about the fees [here](#).

Here are some places or events in Chattanooga that are consistent:

- **Chattanooga Lookouts:** The Chattanooga Lookouts are a Minor League Baseball team of the Southern League and the Double-A affiliate of the Cincinnati Reds. Going to a Lookouts game can be a great, affordable night out with your friends, even if you aren't a big fan of baseball! Tickets run from **\$7 - \$12**. Every so often they will have giveaways, where a certain amount of people will receive a bobble head, t-shirt, or another item. Lookouts baseball season typically runs from April - September. Find the schedule and more information [here](#).

During each week, certain days have different promotions:

- **Kids Eat Free Mondays:** Kids under 12 years old receive a voucher for a free hot-dog and drink.
- **Food City Tuesday:** Fans who present their Food City Valu card receive a buy one, get one general admission ticket.
- **Thirsty Thursday:** \$2 drink specials around the park. \$3 craft beer selections are also available.

- **Fireworks Friday:** Every Friday home game ends with a wonderful display of fireworks!
- **Autograph and Food Drive Sundays:** After every Sunday home game, fans can head to the Picnic Pavilion to get autographs from their favorite Lookouts players. Fans who bring a canned good to the park on Sundays will receive a general admission ticket!
- **Open Mic Night at City Cafe:** Every Thursday at City Cafe hosts [Open Mic Night](#)! Enjoy some food while watching others show off their talent, or show off yours too!
- **Keepin' it Local Thursdays at The Social:** Every Thursday, visit The Social side of [The Public House](#) for \$2 chicken biscuits, \$18 pitchers of select local beers, and live music from 8:00PM - 10:00PM.
- **Chattanooga Zoo:** The [Chattanooga Zoo](#) is an AZA accredited zoo, and is relatively affordable! The Chattanooga Zoo is open every day of the year except Thanksgiving Day, Christmas Day, and New Year's Day. Adult tickets are \$10.95 and Children's admission is \$7.95. Those with Military or Veteran ID receive free admission, plus half off admission for up to three dependants.
- **Tennessee Aquarium:** The [Tennessee Aquarium](#) is an AZA accredited aquarium. It can be on the more expensive side, BUT, keep an eye out for "College Days," where college students, faculty, and staff can receive Aquarium and IMAX 3D tickets half off. For the past 2 years, College Days have been during the month of September. Normal admission is \$34.95 for adults and \$11.95 for children years 3 - 12.
- **Coolidge Park:** [Coolidge Park](#) is a beautiful park that overlooks the Tennessee River. It is **free** to visit! There is an interactive water fountain with amazing sculptures of animals and one of the world's largest pedestrian bridges: the Walnut Street Bridge. Bring your friends or family for a picnic and enjoy the beautiful scenery that Chattanooga has to offer! There is also a 100-year old carousel that you can ride, for a fee.
- **Hunter Museum of American Art:** The Hunter Museum of Art has hundreds of inspiring pieces of artwork to view. The Museum is open every day except Thanksgiving Day, Christmas Eve, Christmas, and New Year's Day. General admission is \$20 for adults and Free for youth (17 years and under). Ways to receive discounted admission are:
  - **College students:** Present Student ID to receive admission for \$18.
  - **Retired or Military Veterans:** Present a federal-issued Retired Military ID to receive \$17 admission.
  - **EBT Cardholder:** \$2 per person for up to 4 adults. This includes EBT cards from any state.
  - **Active Duty Military:** From Armed Services Day until Labor Day, active-duty military receive free admission for themselves and their families, including National Guard and Reserve, with ID.
  - **Throwback Thursdays:** On Throwback Thursdays, the first Thursday of each month from 4:00PM - 8:00PM, receive free admission to the Permanent Collection and \$5 general admission to special exhibitions.

# Finances

## Financial Aid

- **FAFSA:** The first step to receiving financial aid is filling out FAFSA at [www.fafsa.gov](http://www.fafsa.gov) . Upon completion, it will tell you if you are eligible for Pell Grant, and if so, your estimated amount for the academic year. FAFSA opens in October of each year for completion, and it is recommended that you complete it as soon as possible!
- **Georgia HOPE Scholarship:** If you will be attending Dalton State College and are graduating from a Georgia high school with an academic GPA of 3.0, you most likely qualify for the [HOPE](#) scholarship. HOPE pays for about 90% of tuition. On your Roadrunner Portal, closer to the beginning of the semester, you will be able to see HOPE added to your financial aid package.
- **Zell Miller Scholarship:** [Zell Miller Scholarship](#) is a merit based scholarship that provides full tuition at a public postsecondary institution and tuition assistance at an eligible private postsecondary institution. A student must graduate from an eligible high school as valedictorian or salutatorian (meeting the requirements of the HOPE Scholarship) or graduate with a minimum 3.7 Zell Miller GPA (as calculated by GSFC) along with a minimum combined score of 1200 on the math and reading portions of a national administration of the SAT or a minimum composite score of 26 on a single national or state/district administration of the ACT and meet specific rigor course requirements.
- **Dalton State College Scholarships:** Both current Dalton State Students and incoming freshmen can apply for Dalton State [Scholarships](#). For current students, the deadline is typically in mid-January. For incoming Freshman, the deadline is usually in late March to mid-April. Learn more here:
- **Georgia HERO Scholarship Program:** [Georgia HERO](#) Scholarship program provides educational scholarship assistance to members of the Georgia National Guard and U.S. Military Reservists who served in combat zones, and the children and the spouses of such members of the Georgia National Guard and U.S. Military Reserves.
- **Work-Study:** As mentioned in Under Employment in Section 3, work study eligibility is determined by your FAFSA. When you're looking at your financial aid package, the government and the college tend to treat your work study award like a grant: they subtract it from your total costs right off the bat and calculate your expected contribution for the year based on the assumption that you will accept the work study award, find a work study job, earn every penny of what they offer you, and put all of it directly toward your tuition/room and board. The difference between a grant and a work study award is that you will receive that grant money for the year at the beginning of each semester no matter what, as long as you uphold the expected academic and disciplinary standards and remain enrolled full-time or half-time (whatever the award was originally for) - but whether you actually receive that work study funding depends on a lot of factors, and unfortunately not all of them are always within your control. Remember that even though the financial aid award says "Work Study" and writes a big amount of money off

the sticker price of the College, you don't get that money up front and will still have to be able to pay your tuition/other bills even if you haven't earned the work study money for it yet.