

Knight Life

Your Bi-Weekly Student Life Newsletter
FRIDAY, SEPTEMBER 20, 2024



WEEKLY WELLNESS TIP

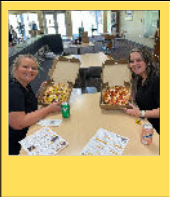
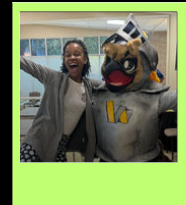
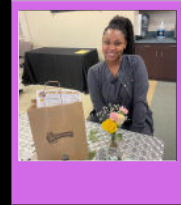
September is the the official start of the fall season and flu season. During this season you might be more likely to get sick and have your allergies working against you. But it doesn't have to be that way, click the allergy sensitive man, to find tips on how to stay healthy during Autumn.



UPCOMING EVENTS

THANK YOU FOR JOINING US FOR WEEKS OF WELCOME

We enjoyed you coming to have fun with us at Weeks of Welcome. Whether you mobile bowled, created your own flower bouquet, ate delicious handcrafted pizza, visited our friends at the KUDZU table, sought out student organization opportunities, or took a photo with Knightro, we hope you enjoyed every moment of it!



WE WANT TO HEAR FROM YOU!

Student Life is interested in hearing your event/activity ideas. We want to know what activities interest you so we can bring them to WGTC campuses. Please scan the QR Code to share your food, field trip, and event ideas that you would like to see in the future. The first 50 to fill out the survey win a prize. Hurry Fast! We look forward to reading your ideas!



HEALTH AND WELLNESS



CLICK ME FOR RECIPE IDEAS!

Click the pumpkin cupcake to explore different fall desserts that you can bake now or save for later this upcoming fall season. From cinnamon and spice to warm and savory, there is something for every taste bud out there.



September is National Yoga Month and you still have time to move your body and celebrate! Yoga helps with calming, relaxing, and providing mobility within the body. Click the camel pose for a list of yoga youtubers to get you started

CLICK ME FOR YOGA YT CHANNELS

STUDENT COUNSELING CONNECTION

GET CONNECTED



Connect to Counseling



Connect to Community Resources



Connect to Campus

WGTC Student Counseling Connection offers confidential counseling and much more for our students.

Find out about Student Counseling Connection Here:

<https://www.westgatech.edu/student-life/student-counseling-connection/>

STUDENT ORG SPOTLIGHT



Become a member of Student Government Association. The top THREE reasons to join are:

1. Membership is FREE and open to ALL traditional full time and part time students!
2. SGA members are DECISION MAKERS who make fiscal decisions about how Student Activities funds are used.
3. SGA LEADERS make a difference at WGTC by identifying, presenting, and helping resolve concerns of the student body.



SCAN HERE TO LEARN MORE!

QUIZ CORNER



Click to take a personality test! Share your results by emailing Student Life!

