

Knight Life

Your Bi-Weekly Student Life Newsletter
FRIDAY, SEPTEMBER 6, 2024



WEEKLY WELLNESS TIP

September 12 is National Hug and High Five day. Hugging and High fiving can have a tremendous positive affect on your mental and emotional health. Celebrate by giving hugs and high-fives to friends, family members or anyone you know could be going through a tough time. Click the hugging friends for the benefits of hugging and high fiving.



UPCOMING EVENTS



JOIN STUDENT LIFE SEPTEMBER 17TH FOR A CIVIC ENGAGEMENT PARTY!

For the observance of Constitution day and National Voter Registration Day, join us in the WGTC libraries 11am-1pm. You will be able to cast your ballot for student government officers, register to vote in local, state and national elections and participate in games with giveaways and refreshments (while supplies last).

LAST CALL! JOIN CAREER SERVICES SEPTEMBER 26TH FROM 6PM-8PM FOR OPEN MIC NIGHT!

You still have time to register to take the stage yourself and Enjoy local performances. Don't miss a chance to win a scholarship and fantastic door prizes. Click the Flyer to Scan the QR code on the flyer for details and sign-up. See you there!



HEALTH AND WELLNESS



September is the start of the fall, so you know that means Bring on the FALL FLAVORS! Remember send us a picture if you try any of the yummy recipes.

CLICK ME FOR RECIPE IDEAS!



Refocusing back on school work after a long eventful summer can be a task. But we got you covered. Calming sounds can be used to relax the body and help focus better on the things you need to get done.

CLICK ME FOR CALMING PODCAST

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

Join SKILLS USA! If you want to compete in competitions to demonstrate occupational and leadership, have access to scholarships, reinforce your employability skills and grow your professional network, then we would love to have you!



SCAN HERE TO LEARN MORE!

QUIZ CORNER



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