

Knights Life

Your Bi-Weekly Student Life Newsletter
FRIDAY, AUGUST 23, 2024



WEEKLY WELLNESS TIP

August is National Wellness Month and a time for self-care, reducing stress, and building better habits to elevate your well-being. Practice deep breathing, take a social media break, cut back on sugar, eat more fruits & veggies, move your body and get plenty of rest! Click the nurturing brain for more ways to celebrate.



UPCOMING EVENTS



GROOVE WITH STUDENT LIFE! WEEKS OF WELCOME KICKS OFF MONDAY, AUGUST 26TH!

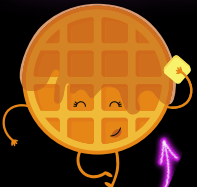
Fall is here, and we're excited to welcome you! Join us for a resource fair with WGTC student organizations, free giveaways, food, and mobile bowling/karaoke (while supplies last). Don't miss this warm welcome—we can't wait to see you! Click the flyer for event details.

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

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



HEALTH AND WELLNESS



National Waffle day is August 24th! Celebrate by making any delicious waffle recipe rather sweet or savory. Please send us a picture at studentlife@westgatech.edu if you decide to create a recipe.

CLICK ME FOR RECIPE IDEAS!



Stretch it out! As the semester begins, take time to stretch during your day. Stretching helps loosen your body and ease discomfort from sitting or standing too long.

CLICK TO VIEW EASY STRETCHES!

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

Looking to engage with peers or network? WGTC has NINE student organizations. Find the right one for you and JOIN TODAY! We'd love to have you!



SCAN HERE TO LEARN MORE!

QUIZ CORNER



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