

Knight Life

Your Bi-Weekly Student Life Newsletter
FRIDAY, FEBRUARY 21, 2025



BI-WEEKLY WELLNESS TIP

As we get more into the spring semester with our studies, we can feel overwhelmed with trying to balance work, school and personal lives. Please click the image to find tips to help you successfully navigate the challenges of having to balance school, life and work.



RANDOM ACTS OF KINDNESS DAY

RANDOM ACTS OF KINDNESS DAY MONDAY FEBRUARY 17TH!

Random acts of kindness day is a day that was created and dedicated to promoting kindness and goodwill amongst another and celebrating the power of compassion. "It encourages individuals to perform simple, unexpected acts of kindness to brighten someone's day and create a ripple effect of positivity." ("Random Acts of Kindness Day 2025 | Awareness Days Events Calendar 2025")

Student life reserved random acts of kindness day by going to all 5 campuses and handing out gift cards, kindness notes and t-shirts to students on campus. It brought us joy to see the students face light up with excitement and surprise for this small gesture. No act is too small when it can bring kindness and brighten up any one's day. Even though Random act of kindness day is over, we still encourage you to spread kindness and bring joy into every room you step in and every person you may encounter.



Click the be kind heart for ways to celebrate RAK Day

BLACK HISTORY MONTH

Black History Month is observed for the month of February to celebrate the contributions, voices, triumphs and excellence that African Americans have accomplished to shape nations history. In honor of Black History Month we wanted to shine a light on some African American voices and heroes that are not brought up enough in regular conversation. Names like, Jane Bolin-The nations First Black female Judge, Dr.Rebecca Lee Crumpler-Fist African American Woman physician in the United States, Mary Kenner- Inventor of Sanitation Napkins/Pads, Fritz Pollard-First African American coach in the NFL and Fredrick McKinley-Pioneered the modern refrigeration System. Please click the BHM Images to learn more about the unsung heroes of African American Culture.



STUDENT COUNSELING CONNECTION

GET CONNECTED



Contact a Counselor 770-834-8327

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

Click here to find out about Student Counseling Connection:

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

STUDENT ORG SPOTLIGHT

Looking to engage with peers or network? WGTC has 11 student organizations. Find the right one for you and JOIN TODAY! We'd love to have you!



SCAN HERE TO LEARN MORE!

Feedback Corner



Scan to give your event/activity ideas and get a FREE GITFT CARD!