

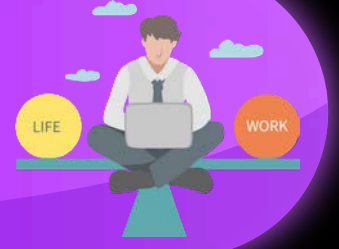
# Knight Life

Your Bi-Weekly Student Life Newsletter  
FRIDAY, MARCH 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.



## UPCOMING EVENTS

### PAINT WITH THE PRESIDENT AND SPRING FLING

Join student life March 24th at the LaGrange campus for paint with the president. Grab a canvas, conversate with Dr. Post, have fun all while enjoying light refreshments. Check the flyer for more details. Spring fling kicks off next week! Join student life for some fun of inflatable obstacle courses, 9 hole min golf, complete games, cotton candy and free food. Oh! Don't forget to grab your spring essential kit! Click the flyer for more information. We cant wait to have fun with you



## WOMENS HISTORY MONTH

Women's History Month is observed for the month of March to celebrate the contributions, voices, triumphs and excellence of women from the past present and future. In honor of Women's History Month we wanted to spotlight woman students at WGTC. Our Student Spotlight for this week is Grace Crews. Grace is The 2025 GOAL Winner and Medical Laboratory student at the Murphy Campus! Read in-depth about Grace and what being a woman means to her.

### WOMENS HISTORY MONTH Student Spotlight

Using three words, describe what being a woman is to you?  
"Resilience, Bravery, Honesty"

What is the best lesson a woman taught you?  
"I was taught from a very young age that if there is something that you want, YOU have to be the one to go get it. Don't allow anyone to get in the way of you and your dreams. "Push yourself because no one else is going to do it for you."

Who's a stereotype about women, that you would like to debunk?  
"I would totally debunk the idea that women have to look a certain way in order to be considered beautiful. Women certainly compare their values to others and with the use of social media, must witness never truly feel beautiful unless they are a certain size and made up to look like what society deems as beautiful when in reality, your beauty comes from within and everyone is beautiful in their own way"

Who is the most influential woman you know? How does she inspire you?  
"My mom, Gina, is the most influential woman that I know. She inspires me daily with her ability to do anything she sets her mind to. While working full time, my mom went through the nursing program at WGTC and held onto it 9 years old, on top of being a single mom to two kids and a grandchild. She now works in labor and delivery as a full time nurse and owns/operates a successful business with two locations (Operation, Beauty and Coffee Company in Waco and Carrollton)."

Who is your favorite historical female figure? What do you admire about her?  
"Dolley Madison of course. I admire her contribution to history more than almost any other. I admire that she has used her influence to make the world a better place and to be a great role model for girls and women to look up to. She has created organizations such as the Inaugural Library that gives children the items needed to inspire them. Inspire them to work up to be. She started the Dolley Madison Foundation to inspire education and the Dolley Madison to many organizations to help communities nationally."

**Grace Crews**  
Program: Medical Laboratory Technology  
Home Campus: Murphy  
WGTC Achievements: 2025 GOAL Winner  
Fun Fact: My family has owned a donut shop my entire life. I grew up working there and still play a part in it today! My grandparents got started in the donut business in 2000 and my mom started up her own in 2016, called Operation Donuts and Coffee Company.

## STUDENT COUNSELING CONNECTION

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



Contact a Counselor 770-834-8327

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!