

# Knight Life

Your Bi-Weekly Student Life Newsletter  
FRIDAY JANUARY 17, 2024



## BI-WEEKLY WELLNESS TIP

It is that time of year again- the weather is changing, it's becoming cold out, everyone is enjoying the leaves and crisp autumn air, and then **BAM!** We get hit by **Flu Season!**

Did you know, that the CDC recommends that everyone 6 months and older get a flu vaccine, ideally by the end of October. However, you can still get the vaccine and benefit from it even if you wait until later in the season.

So, have you had your recommended Flu vaccine this season?

## UPCOMING EVENTS

### SPRING WEEKS OF WELCOME POP UP SHOP

Spring is here, and we're excited to welcome you for a new semester or for your first semester. Student life invites you to an exclusive **FREE** shopping event: **The Weeks of Welcome Pop Up Shop**. Beginning January 22nd experience free giveaways, creating your own welcome kit, caricature drawing, resource information, free food and more! (while supplies last) You don't want to miss this. We can't wait to see you. Click the flyer for event details.

### WE WANT TO HEAR FROM YOU!

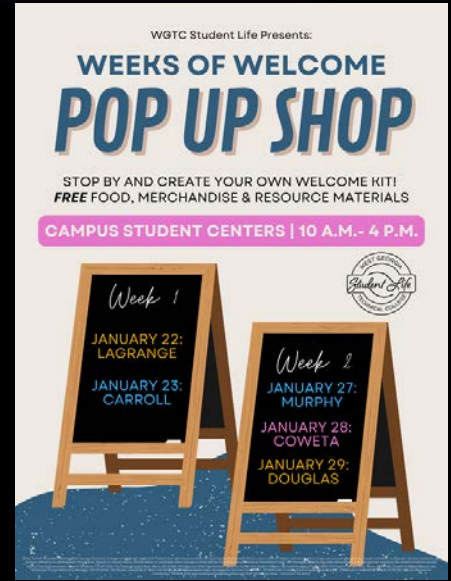
Would you like a free gift card just for simply sharing your opinion? Please fill out the Student activities Ideas and Feedback survey (by scanning the QR Code on the bottom right page). Share your food, field trip, and event ideas that you want to see in the future. So simple. Remember, the first 30 to fill out the survey win a gift card. Hurry Fast! We look forward to reading your ideas!

## HEALTH AND WELLNESS

Starting a new semester of college can often feel overwhelming. This can be especially true if you are just starting out on your own; or maybe you are going back to school with a full-time career and family. Whatever your circumstances, don't let stress or anxiety get to you. If you find yourself struggling with stress, anxiety or just feel that you need to speak to someone, WGTC is here for you. Check out the the following information on our offered Counseling and KnightCARE services.

Looking for help or someone to talk to? Click the link!

Worried about someone's well-being on campus? Scan the code to fill out a KnightCARE concern form.



### KNIGHTCARE FORM



## 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!