

# Knight Life

Your Bi-Weekly Student Life Newsletter  
FRIDAY, OCTOBER 4, 2024



## BI-WEEKLY WELLNESS TIP

October is National Depression and Mental Health Screening Month- This month brings awareness to Depression and the need for accessible and affordable mental health screenings. A number of different factors can often come into play with depression; not everyone experiences depression in the same way, but it can affect anyone at any time. It is important to seek out professional help and be screened if you or someone you care about feels they may be depressed. Depression is treatable with help. If you feel that you may be depressed, contact: 770-834-8327 for Counseling Services.

## UPCOMING EVENTS

### DOOR DECORATING CONTEST

Student Life is inviting all Instructors to challenge their students to decorate their classroom door for Halloween. The theme for this contest is 'Safety isn't Spooky'. Help us promote Drug Prevention and Alcohol Safety by challenging your students to decorate the classroom door with a fun Halloween inspired Drug & Alcohol Awareness theme. There will be a winning class for each campus. See Flyer for more details.



### WE WANT TO HEAR FROM YOU!

Student Life is interested in hearing your event/activity ideas. We want to know what activities interest you so we can bring them to WGTC campuses. Please scan the QR Code to share your food, field trip, and event ideas that you would like to see in the future. The first 50 to fill out the survey win a prize. Hurry Fast! We look forward to reading your ideas!



## HEALTH AND WELLNESS

Click the Bowl of Soup to get a Free recipe for an Easy & Inexpensive Comforting Fall Favorite Recipe for Taco Soup.

\*\*Consider using low sodium products to make this already Healthy soup even Better for you!



CLICK ME FOR RECIPE!



DO YOU HAVE ADHD? CLICK KNIGHTRO FOR SERVICES ON IN THE CLASSROOM

October is National ADHD Awareness Month: There are over 17 million children and adults in the United States diagnosed with ADHD. October is a month to celebrate the successes of those living with ADHD, their families, educators, and caretakers.



CLICK FOR INFORMATION ON ADHD

## 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



Become a member of Student Government Association. The top THREE reasons to join are:

1. Membership is FREE and open to ALL traditional full time and part time students!
2. SGA members are DECISION MAKERS who make fiscal decisions about how Student Activities funds are used.
3. SGA LEADERS make a difference at WGTC by identifying, presenting, and helping resolve concerns of the student body.



SCAN HERE TO LEARN MORE!

## QUIZ CORNER



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