

Knight Life

Your Bi-Weekly Student Life Newsletter
FRIDAY, OCTOBER 18, 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

TRICK OR TREAT WITH KNIGHTRO

Bring your family to Trick-or-Treat with Knightro! Join us on the WGTC Douglas Campus on October 29th from 4:30pm-7:30pm for 'SAFETY ISN'T SPOOKY' resources for Drug and Alcohol Safety, Trick-or-Treating, Free Food, Face Painting, and more. If that's not enough hop into our Bounce House and visit the Petting Zoo. We cant wait to see you and your family there!

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

There are many people who feel "down" or have the "winter blues" when days start to get shorter in the fall or winter and start to feel better in the spring when longer daylight hours return. If there are significant changes in a persons mood and/ or behavior when the seasons change, they may be experiencing Seasonal Affective Disorder (SAD). This is also known as Winter or Seasonal Depression. Treatment for SAD can include 'Light' Therapy, Counseling, Antidepressant Medication, and Vitamin D Supplements.




TRICK OR TREAT With Knightro

OCTOBER 29TH: 4:30-7:30PM
DOUGLAS CAMPUS:
COURTYARD & BUILDING A

A Fun Filled Evening of:

- Trick-or-Treating
- Free Food
- Giveaways
- 'Safety Isn't Spooky'- Resources & Info on Drug & Alcohol Safety
- Face Painting
- Crafting & Activities for All
- Bouncy House
- And More!!!

ALL STUDENTS, FACULTY, STAFF & FAMILIES ARE INVITED!

STUDENT COUNSELING CONNECTION

GET CONNECTED



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

In the wake of Hurricane Helene, Southwire rallied to provide disaster relief through the collection and distribution of essential items and monetary donations for distribution across impacted communities in South Ga. West Georgia Technical College's FBLA-Collegiate chapter and provided a \$500 monetary donation Project GIFT. WGTC chapter advisor, Tammy Frost states, "At FBLA, we're not just focused on building leadership skills and helping our members grow personally and professionally; we also believe in the importance of giving back to our communities. Our donation to the Helene flood victims comes from a place of compassion and a reminder that when we come together, we can truly make a difference. Every small act of kindness counts, and together, we can uplift and empower our communities during challenging times."



QUIZ CORNER



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