

Knight Life

Your Bi-Weekly Student Life Newsletter
FRIDAY, FEBRUARY 7, 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

SPRING WEEKS OF WELCOME POP UP SHOP RECAP

Thank you to all who came to the spring weeks of welcome pop up shop! We enjoyed you and hope your shopping experience was filled with joy!

Student Reviews

"It was so personal and meaningful. The stress of an accelerated program is insane. Having the opportunity to rest and receive something personal, and just for me, felt incredibly kind & meaningful. Thank you."-Shawn.O

"I loved the welcome kit because I hadn't had a chance to buy any school merchandise yet, so I was thrilled to receive a free WGTC shirt! I really appreciate the effort put into this for the students—it was such a thoughtful gesture and truly meant a lot. Since I work full-time and take classes after work, I sometimes feel like I miss out on the full college experience, but this event helped me feel more connected to my fellow students."- Lauren.B



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.

KNIGHTCARE FORM



STUDENT COUNSELING CONNECTION

GET CONNECTED



Connect to Counseling

Connect to Community Resources

Connect to Campus

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!