

KNIGHT NEWS

YOUR WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, APRIL 24, 2020

FINISH STRONG!

The semester is almost over, we know you can do it! [Click here for a special message from WGTC Student Life and the Dean of Students](#)

SUMMER VIRTUAL WEEKS OF WELCOME:

If you're taking Summer Classes look out for our **VIRTUAL Weeks of Welcome coming May 26-June 4!**



FILL OUT OUR SURVEY FOR A CHANCE TO WIN \$25!

Student Life has sent out a quick 5 min survey. If you take the time to answer it and input your email, you will be entered in a chance to win a \$25 Amazon gift card! Only one entry per person allowed. Click here to take the survey:

<https://forms.gle/e1PBgKHZSEtYAKzUA>

HEALTH AND WELLNESS:

THE PATH TO CALM



Pause

Step 1: Pause.

Instead of acting on feelings right away, stop yourself and think things through. Count to 100 or say the alphabet backwards.



Acknowledge

Step 2: Acknowledge what you're feeling.

For example, are you mad at someone, or are you sad because your feelings were hurt by what they did? Whatever it is that you are feeling, it is ok to feel that way.



Think

Step 3: Think.

Now that you have taken a few moments to figure out what exactly it is that you are feeling, think about how you can make yourself feel better.



Help

Step 4: Help.

Take an action to help yourself based upon what you came up with in the "Think" step.



If you still feel sad, worried, or scared after trying to help yourself, you might be showing the early warning signs of anxiety or depression. A screening is an anonymous, free, and private way to learn about your mental health, and understanding how to take action. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

WEEKLY WELLNESS TIP:

Strategies to promote better sleep in these uncertain times -



Click the link below:



Strategies to promote better sleep in these uncertain times
health.harvard.edu

STUDENT ORG SPOTLIGHT:



PHI THETA KAPPA
HONOR SOCIETY

Phi Theta Kappa is a highly recognized international honor society for students who achieve superior academic success at a two-year college. Members serve as leaders for other students and for people in the community. Sandra Mercer and Tara Bryson of WGTC's PTK chapter were nominated for the All Georgia Academic Team. To be considered for this honor, members were nominated by their PTK advisor. They maintained a minimum of 3.0 GPA and were within two semesters of graduating. The students received an invitation to the Georgia Phi Theta Kappa honors luncheon in Atlanta that was scheduled for this month. Unfortunately, the luncheon had to be cancelled. However, both were mailed medals and certificates in recognition of their achievement. Congratulations Sandra and Tara! Keep up the amazing work.

Interested in upcoming Health and Wellness Events and Fitness Classes? Click the link below to sign up for reminders

<https://forms.gle/PggDZ7FBepu5DsMK6>

UPCOMING STUDENT ORGANIZATION MEETINGS :

Join us for our LAST GSGA meeting for the year! Click on the date below and input the password to join!

April 28, 2020 12:30 PM- 1:30PM PW: WGTCstudentgov



WGTC CULTURAL CORNER: Did YOU know that you can virtually travel around the world? This week, take a few minutes to relax by the beach!

https://www.youtube.com/watch?v=-HAI_5IIAYg



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