

KNIGHT NEWS

YOUR WEEKLY STUDENT LIFE NEWSLETTER

TUESDAY, MAY 26, 2020

A SPECIAL 1ST DAY OF THE SEMESTER EDITION



WEST GEORGIA
TECHNICAL COLLEGE
VIRTUAL
WEEKS OF WELCOME

May 26th -
June 4th

SUMMER VIRTUAL WEEKS OF WELCOME: If you're taking Summer Classes look out for our **VIRTUAL Weeks of Welcome coming May 26-June 4! find information here:**
www.westgatech.edu/student-life/weeks-of-welcome/

HEALTH AND WELLNESS:

Recognize These Symptoms?

- Changes in energy level
- Noticeable restlessness or irritability
- Loss of interest in activities
- Feeling sad, empty, hopeless or worthless
- Difficulties with concentration or decision making
- Frequent thoughts of death or suicide



Taking a screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

<https://www.mhageorgia.org/mental-health-screening/>

WEEKLY WELLNESS TIP:

19 Easy Recipes Every College Student Should Know

click the link below:

<https://tasty.co/article/spooniversity/easy-college-recipes#vsA550oE4>



FOOOD!!!

STUDENT ORG SPOTLIGHT:

Each year members of WGTC's Phi Beta Lambda chapter compete at a high level and perform exceptionally during the organization's district, state and national competitions. This year was no different. Though the annual state conference was held virtually this year, our students still competed very well. On May 5, 2020, a virtual awards ceremony was held to announce winners in each category. PBL members, advisors and Student Life staff watched the ceremony using WebEx video conference. Everyone watching from home was able to congratulate winners by typing in the group chat or by un-muting microphones to verbally applaud. This year's winners are:

1st Place Winners:

Client Service – Dora Menjivar
Cost Accounting – Dylan Bailey
Economic A & D – Sayvon Jarrett
Financial Concepts – Lisa George
Forensic Accounting – Sandra Martin
Human Resource Mgmt – Tiffany Stewart
Management Concepts – Rachael Parks
Microeconomics – Dylan Bailey
Programming Concepts – Sandra Mercer
Retail Management – Rachael Parks
Sports Management – TreVaughn Stallworth
Web Design – Sandra Mercer



2nd Place Winners:

Accounting Principles – Sandra Martin
Future Business Exec – Caitlin Shelnutt
Impromptu Speaking – Sayvon Jarrett
Marketing A & D – Caitlin Shelnutt
Personal Finance – TreVaughn Stallworth
Public Speaking – Lisa George
Small Business Mgmt Plan – Amy Alexander

3rd Place Winners:

Accounting Principles – Meagan Caldwell
Justice Administration – Meagan Caldwell

4th Place Winner:

Retail Management – Amy Alexander

Congratulations PBL winners. Wishing you all the best during your Virtual Nationals Conference.

UPCOMING STUDENT ORGANIZATION MEETINGS :

No meetings this summer but if you're interested in joining any student organization you can find out more about them here: www.westgatech.edu/student-life/student-organizations/

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

<https://forms.gle/PggDZ7FBepu5DsMK6>



WGTC CULTURAL CORNER: Sick of your living room? Travel VIRTUALLY out of this world! To MARS! Check it out below!

<https://accessmars.withgoogle.com/>

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