

KNIGHT NEWS

YOUR WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, JULY 10, 2020

HAVE YOU FILLED OUT THE 2020 CENSUS?



FAQ: What is the US Census? And how does it benefit me?

The US Constitution requires that everyone in the country be counted once every 10 years. The US government uses the data to allocate resources based on population.

FAQ: Do I HAVE to fill out the Census? In short, YES! Everyone is required by law to complete the US Census.

FAQ: How can I fill it out? You can fill out the confidential US 2020 Census survey here: <https://my2020census.gov> or mail it in! It should only take 10 minutes!

HEALTH AND WELLNESS:

MENTAL HEALTH IN GEORGIA

Mental Health America of Georgia

Mental illness has profound personal, medical, and economic consequences. What is the current state of mental health in Georgia?

Mental Illness in Georgia

In Georgia, An individual with serious mental illness has a one in five chance of ending up in prison instead of a hospital.

In fact, Georgia currently only has 18.7% of the beds necessary to meet the needs of individuals with serious mental illness.

GEORGIA'S OPIOID CRISIS

29 out of 159 counties in Georgia (18.24%) have a higher drug overdose rate than the U.S. average.

Overdose deaths are nearly equal to deaths from motor vehicle accidents.

Healthcare costs associated with opioid misuse in Georgia have increased by 80% since 2007.

Georgia ranks among the top 11 states with the most prescription opioid deaths.

68% of drug overdose deaths in Georgia are due to opioid overdoses, including heroin.

Overdose deaths tripled between 1999 and 2013.

WEEKLY WELLNESS TIP:

How to undo the bad habits you picked up in quarantine



Click below to see what they are!

<https://www.today.com/health/undo-bad-habits-picked-quarantine-t186382>

STUDENT LIFE SPOTLIGHT:

Did you know that West Georgia Technical College's Student Life Department is in the business of developing student leaders?

During leadership training like President's Roundtable and GSGA Retreats, we provide training on maintaining student organization budgets, running student organization meetings and organizing large scale activities. Students complete personality and strength assessments like Clifton StrengthsFinder to aid in self discovery and awareness. After learning about their areas of strength, student leaders are provided with tools to help them elevate and utilize those strengths in their roles as student leaders, in the classroom and in the workforce.

Each year, WGTC's Georgia Student Government Association' officers who serve as ambassadors for the college attend a weekend leadership retreat. During this two-day retreat, the officers participate in team building activities and energizers that help them to build communication and teamwork skills. Development in these areas will not only aid them to effectively lead during their term as an officer also but throughout life.

If you are interested in becoming a student leader, contact us at studentlife@westgatech.edu.



Photos from
2018 Leadership
Retreat



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 :

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



WGTC VIRTUAL CORNER: In the mood for some cool tunes? Check out NPR's tiny desk concerts!

<https://www.npr.org/series/tiny-desk-concerts/>

As set forth in its student catalog, West Georgia Technical College does not discriminate on the basis of race, color, creed, national or ethnic origin, sex, religion, disability, age, political affiliation or belief, genetic information, veteran status, or citizenship status (except in those special circumstances permitted or mandated by law). The following persons have been designated to handle inquiries regarding the non-discrimination policies: Equity (Title IX) Coordinator, Dean of Students, 770-755-7839, 200 Campus Drive, Newnan, GA 30263. ADA (Section 504) coordinator is V.P. of Administrative Services, 401 Adamson Square, Carrollton, GA 30117. 678.664.0400