

KNIGHT NEWS

YOUR WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, AUGUST 28, 2020

IF YOU'RE
WAITING
FOR A SIGN
THIS IS IT.

DO YOU WANT TO MAKE A
DIFFERENCE?



JOIN THE WEST GEORGIA TECH
STUDENT GOVERNMENT ASSOCIATION

GSGA WANTS YOU!

GSGA is accepting NEW members! Did you know that you could earn up to \$1,000 in scholarship funds if you hold a position in GSGA? Join today and learn about how you can serve as a WGTC ambassador and make a difference! Membership applications are due Sept 7! Find the form and info at www.westgatech.edu/student-life/student-government-association/

CONGRATS

**Congratulations to
all of last week's
winners!**

**Your prizes and
T-shirts will be
on the way soon!**

HEALTH AND WELLNESS:

5 THINGS COLLEGE STUDENTS SHOULD INCLUDE IN A PLAN FOR THEIR WELLNESS



Please click below:



5 things college students should include in a plan for their wellness

Instead of waiting for a crisis to seek help, new college students should proactively devise plans to ensure their mental health and well-being, a...

WEEKLY WELLNESS TIP:

FOODS THAT HELP YOU SLEEP



STUDENT LIFE SPOTLIGHT:

Did you participate in any of the Weeks of Welcome Be Social...At A Distance events August 10 - 20? If not, you missed out on lots of fun! During week one, students participated in the Virtual Scavenger Hunt by answering questions from the resources found on the Virtual WoW Table and submitting a creative Say So Challenge TikTok video. To determine the 1st, 2nd, and 3rd place winners of the Scavenger Hunt, judges scored the number of questions answered correctly plus the most creative video. Our Fall 2020 WoW Scavenger Hunt Winners are:

**1st Place: Desaray Anderson, 2nd Place: Haylee Ward and
3rd Place: Haley Smith**

Week Two started with a Mask-erade Party held on our five main campuses. Students were able to pick up grab-n-go bags that included a WGTC branded mask, a Chick Fil A gift card and other goodies. Then we rounded out the week with a Virtual Canning Webinar, Wednesday Night Trivia, Virtual Bingo, and a Netflix Party featuring Molly's Game. To say we had a great time is an understatement!

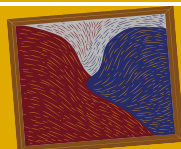
Be sure to stay current on upcoming events by checking your emails regularly, viewing the WGTC Events calendar and visiting the Student Life Page: www.westgatech.edu/student-life/

WoW Photos



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

<https://forms.gle/PggDZ7FBePu5DsMK6>



**WGTC VIRTUAL CORNER: Experience high art from
your home! check out Van Gogh's museum virtually:**

<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

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