

# KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER  
FRIDAY, NOVEMBER 13, 2020

## CELEBRATE RAK WEEK

Next week is RANDOM ACTS OF KINDNESS WEEK. We want everyone to BEE KIND to one another. We've comprised a list of ideas!

"Be somebody who makes everybody feel like a somebody." - Kid President



## RAK IDEAS:

- WRITE SOMEONE AN ENCOURAGING NOTE
- HOLD THE DOOR A LITTLE LONGER
- PAY FOR THE PERSON BEHIND YOU
- GIVE TO CHARITY
- PICK UP SOME TRASH OR RECYCLE



## HEALTH AND WELLNESS:

**GOLDEN**  
A STUDENT COUNSELING RESOURCE

PRESENTS  
**MANAGING YOUR STRESS**

"SELF CARE FOR THE LONG HAUL"  
A free webinar to learn how to effectively communicate with others and cope with stressful situations you may encounter during these changing times.

**NOVEMBER 18TH**  
TWO AVAILABLE SESSIONS  
NOON AND 4:00PM  
VIA ZOOM

[Click here to register for a session](#)

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## WEEKLY WELLNESS TIP:

Quit smoking for you and everyone who cares for you.



**The American Cancer Society Great American Smokeout® takes place on November 19, 2020.**

## STUDENT LIFE SPOTLIGHT:

"Along with being a leader, my love for student organizations is what drives me to stay active during this pandemic. West Georgia Tech student orgs have given me a sense of leadership and assisting with various student activities has further developed my leadership skills. My hope is that every student can experience that sense of pride during their time at WGTC."

**-Jessica Heard**



**Jessica Heard**  
GSGA President

SkillsUSA GA Postsecondary State Reporter

During this time of social distancing it is still beneficial to engage in student organizations and activities. Yes, the times are different; instead of sitting in a conference room for organization meetings or enjoying events on campus, we are now sitting at our desks, dining room tables or couches for virtual meetings and activities! But there are good times still to be had. Get involved, join one of WGTC's student organizations and attend our virtual events. Find out more about student organizations and activities here:  
<https://www.westgatech.edu/student-life/>

Interested in upcoming Health and Wellness Events?

Click the link below to sign up for reminders

<https://forms.gle/PggDZ7FBePu5DsMK6>

## Upcoming student organization meetings:

GSGA 's next meeting is NOVEMBER 19, 2020 at 3:30 PM  
[https://us02web.zoom.us/j/85742273221?](https://us02web.zoom.us/j/85742273221?pwd=eHE1SU0vWmhkUVJWd3d1Q25SeC8wdz09)  
[pwd=eHE1SU0vWmhkUVJWd3d1Q25SeC8wdz09](https://us02web.zoom.us/j/85742273221?pwd=eHE1SU0vWmhkUVJWd3d1Q25SeC8wdz09)



**WGTC VIRTUAL CORNER:** Georgia is headed to a run off in several elections. Even if you weren't previously registered, you have until DECEMBER 7th! Get registered today! **[CLICK HERE](#)**

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