

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
MONDAY, NOVEMBER 2, 2020

IT'S COOL TO



bee Kind
RANDOM ACTS OF KINDNESS WEEK
NOVEMBER 16-19, 2020

CELEBRATE RAK WEEK

November 16-19 WGTC is celebrating Random Acts of Kindness (RAK) week. And we want to encourage YOU to do a RAK! Hold that door open just a little longer, pay for the person behind you, or simply give someone else a word of encouragement! OR Do you know someone who is kind and sweet as honey? We hope you will nominate them to be recognized! You can nominate any WGTC student, faculty or staff member! Nominations are due November 10! Nominate someone here:

<https://forms.gle/Vqv8NaWqQSNts33e9>

HEALTH AND WELLNESS:

November is.....

Lung Cancer Awareness Month
Mouth Cancer Action Month
COPD Awareness Month
National Diabetes Month
National Impotency Month
The Great American Smokeout

November is.....

A good time to talk about quitting smoking

<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout>

WEEKLY WELLNESS TIP:

It's OKAY to Press Pause!

Click on the Pause Button below to find out ways to press pause in your life!



[HTTP://PRESSPAUSE.E.HALFOFUS.COM/](http://PRESSPAUSE.E.HALFOFUS.COM/)

STUDENT LIFE SPOTLIGHT:

Psychology Club presents

COVID-19: COPING STRATEGIES FOR YOUNG ADULTS

A Virtual Forum

Hosted by: Karen Kelley, Psychology Club Advisor

Tuesday, November 3, 2020

Session 1: 8 am-9am

Session 2: 9am-10am

Link to attend:

<https://westga.webex.com/j.php?MTID=m53129be840ddf7d2bd5d98ac53eb51de>
Meeting number: 120 037 7699
Password: PsychologyClub

OR

Join by phone:

+1-646-992-2010 United States Toll (New York City)
+1-415-655-0003 US TOLL
Access code: 120 037 7699



Everyone is welcome to join in and share your stories, ideas, and victories during this unprecedented and challenging time.



WGTC 's Psychology Club is hosting a virtual forum on November 3 to discuss Coping Strategies during this time of COVID-19. Everyone is invited to participate in what is sure to be a insightful and engaging experience.

The Psychology Club's goal is to engage, inform and encourage all WGTC students to explore processes of human behavior and mental systems through interactive participation. Be sure to join this necessary conversation.

Meeting number: 120 037 7699

Password: PsychologyClub

[https://westga.webex.com/j.php?](https://westga.webex.com/j.php?MTID=m53129be840ddf7d2bd5d98ac53eb51de)

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Join by phone

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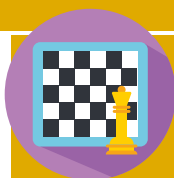
Access code: 120 037 7699

Upcoming student organization meetings:

GSGA 's next meeting is NOVEMBER 5, 2020 at 3:30 PM

[https://us02web.zoom.us/j/85742273221?](https://us02web.zoom.us/j/85742273221?pwd=eHE1SU0vWmhkUVJWd3d1Q25SeC8wdz09)

pwd=eHE1SU0vWmhkUVJWd3d1Q25SeC8wdz09



WGTC VIRTUAL CORNER: Don't get BORED, get BOARD! (Get it?)

You can play board games virtually all over the world with board game arena! <https://en.boardgamearena.com/>