

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, APRIL 2, 2021

**HAVE
A SAFE
& FUN
SPRING
BREAK**



The week after Spring Break WGTC will celebrate SPRING FLING! Most of the events will be virtual! Check out our web page when you return to see what we've got going on!

<https://www.westgatech.edu/student-life/spring-fling>



HEALTH AND WELLNESS:

**7 WAYS
TO STAY
HEALTHY AND
PRODUCTIVE**

CLICK BELOW:



WEEKLY WELLNESS TIP:

**Practice Weekly
Mindfulness
(5 minutes)**

1. Celebrate your wins (60 seconds)
2. Address your losses or weaknesses (60 seconds)
3. Note your "coulda, woulda, shoulda" tasks (60 seconds)
4. Create goals for next week (60 seconds)
5. Summarize it all in one sentence (60 seconds)

[Click here to read more](#)

STUDENT LIFE SPOTLIGHT:



Would you like to showcase your artistic talent?

The West Georgia Technical College Art Exhibit is seeking submissions for its annual exhibition. The annual exhibit showcases the diversity of creative talent within the WGTC community.

The submission deadline has been extended to Monday, April 12, 2021, so hurry and get your entries in. We enjoy viewing and displaying the work of talented WGTC artists each year. For more information about the WGTC Art Exhibit, visit <https://www.westgatech.edu/art-exhibit/>

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 ~ Wednesday, April 14, 2021 ~ 4 P.M.**

<https://us02web.zoom.us/j/85291657349?pwd=c0JaK01zVEpXdUlkMjRNU0JqSm5tdz09>



WGTC VIRTUAL CORNER: Travel is still being discouraged nationally BUT you could always have a STAYcation! check out these ideas:
<https://www.weareteachers.com/spring-break-activities/>

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