

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, MARCH 31, 2023



TAKE BACK THE NIGHT

Take back the night will be held at the Carroll Campus on Thursday **April 18th**. Join WGTC on our free educational walk to learn about sexual assault prevention and meet your community and school resources. If that's not enough also enjoy free food, free giveaways, community art and therapy pets. We can't wait to see you!

CULTURAL ENRICHMENT EXPERIENCE



Join Student Life on **April 21st** for our Cultural Enrichment Experience. For \$10, you get Admissions to the High Museum of Art with docent-led tour, dinner, WGTC swag pack and chartered Transportation. (I know what a deal!) Please scan the QR Code on the flyer to sign up!

HEALTH AND WELLNESS

APRIL 4TH
NATIONAL BURRITO
DAY!



National Burrito Day is APRIL 4th. To celebrate, take a look at these healthy burrito recipes. Please send pictures to student life if you try one of them.

Please click here for more info:
<https://www.tasteofhome.com/collection/healthy-burritos/>

WEEKLY WELLNESS TIP: NATIONAL WALKING DAY

National Walking Day is Wednesday April 5. take time out your day, to enjoy a peaceful by yourself, family or friends.

How we can observe National Walking Day:

- Post on Social Media
- Go out for a 30-minute Walk
- Organize a walking schedule with those around you
- Organize for a road campaign

View full article and more tips by clicking the FOOTPRINTS!

April Book Recommendations for your Spring Reading List

Atomic Habits- James Clear

Get Good With Money- Tiffany Aliche

101 Essays That Will...- Brianna West

Rich Dad Poor Dad -Robert Kiyosaki



STUDENT ORG SPOTLIGHT



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HONOR SOCIETY

On March 24th, Uchendu Ireh accompanied by PTK Advisor Laura Thornton, had the honor to attend the PTK All-Georgia Academic Team Awards. Uchendu was one of 29 students in the state of Georgia who was nominated, although he did not win a scholarship he still received a team medal and Certificate from Dr. Jamie Williams of Coca cola Scholars foundation. Joshua Mize a Fall graduate of WGTC in the Medical Lab Program was also nominated but was unable to attend. We congratulate Uchendu for his success!



WGTC Student Counseling Connection offers confidential counseling and much more for our students.



Find out about Student Counseling Connection Here:
<https://www.westgatech.edu/student-life/student-counseling-connection/>



Horoscope CORNER: Check out your Horoscopes Profile for 2023! Email student life if you found anything intriguing or interesting about your profile. Click the Horoscope wheel!



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