

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, AUGUST 19, 2022

WEEKS OF WELCOME AUG 22-31!

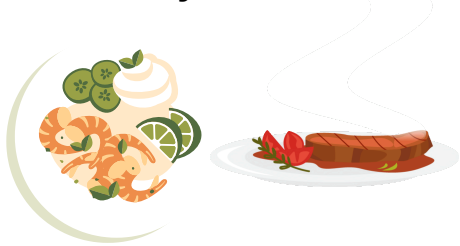
Weeks of Welcome begins Monday, August 22! We have entered a new school year, and we are so excited about Fall Semester! We want to welcome you with our Welcome Supply Kits, resource tables, a scavenger hunt to win a free t-shirt and free food (while supplies last).

<https://www.westgatech.edu/event/weeks-of-welcome/>



HEALTH AND WELLNESS

25 Healthy College Meals That Are Quick & Easy to Make!



Need some healthy college meals on a budget? Check out these recipes that are easy and quick to make!

Please click here for more info:

<https://lvdletters.com/healthy-college-meals/>

WEEKLY WELLNESS TIP:

Being a returning student or a first year student can fill you with anxiety and stress. Remain calm, challenge anxiety, and beat stress, with these simple breathing techniques:

1. Alternate-Nostril Breathing
2. Belly Breathing
3. Box Breathing
4. 4-7-8 Breathing
5. Lion's Breath
6. Mindful Breathing
7. Pursed-Lip Breathing
8. Resonance Breathing
9. Simple Breathing



Click below for full article:
<https://www.verywellmind.com/abdominal-breathing-2584115>

STUDENT ORG SPOTLIGHT



The Georgia Student Government Association (GSGA) is an organization that helps with aiding in allocation of student activities funds. GSGA helps with activities on all of our campuses and participates in many school-wide events including New Student Orientation. Members of the Georgia Student Government Association (GSGA) also get to participate in off-site leadership conferences and workshops. Joining this organization will also serve as a forum to meet new students, a place to develop leadership skills, and provides students with opportunities to get involved in their campuses and communities. We would love to have YOU for GSGA!

For more information about GSGA, visit :

<https://www.westgatech.edu/student-life/student-government-association/>

JOIN STUDENT ORGS:

For more information on Student Organizations :

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

WGTC VIRTUAL CORNER: Did you know August is one of the warmest months in England? Take a virtual tour of London, England at <https://360.visitlondon.com/>



As set forth in its student catalog, West Georgia Technical College does not discriminate on the basis of race, color, creed, national or ethnic origin, sex, religion, disability, age, political affiliation or belief, genetic information, veteran status, or citizenship status (except in those special circumstances permitted or mandated by law). The following persons have been designated to handle inquiries regarding the non-discrimination policies: Equity (Title IX) Coordinator, Dean of Students, 770.537.5722, 176 Murphy Campus Blvd Waco, GA 30182. ADA (Section 504) coordinator is V.P. of Administrative Services, 678.664.0533, 401 Adamson Square, Carrollton, GA 30117.