

Knight Life

Your Bi-Weekly Student Life Newsletter
FRIDAY, NOVEMBER 1, 2024



BI-WEEKLY WELLNESS TIP

It is that time of year again- the weather is changing, it's becoming cold out, everyone is enjoying the leaves and crisp autumn air, and then **BAM!** We get hit by **Flu Season!**

Did you know, that the CDC recommends that everyone 6 months and older get a flu vaccine, ideally by the end of October. However, you can still get the vaccine and benefit from it even if you wait until later in the season.

So, have you had your recommended Flu vaccine this season?

TRICK OR TREAT WITH KNIGHTRO

THANK YOU FOR JOINING US!!

Thank you to everyone that came out and helped with our 1st Annual Trick or Treat with Knightro event! Rather you came by yourself or with your family to the petting zoo, bounced in the jumpy house, enjoyed some tasty barbecue, got your face painted by our cosmetology students, took home some free give aways and candy or devoured some delicious candy apples and punch made by our wonderful culinary students, we enjoyed and appreciated every bit of it.



Join Student Life and Rachel Walker, Ed.S., LPC, CEAP for 'Holiday Hurdles.' We'll discuss managing holiday stressors while enjoying a delicious lunch from Zaxbys!

Free Lunch, Free Giveaways, and Helpful Handouts!

Date: November 18th, 2024

Time: 11:00am - 1:00pm

Location: Carroll Campus Library

Students must register by November 11th, to attend!

Click or Scan below to Sign Up for a time slot.

Sign Up



Click or Scan Me
to Sign up

HEALTH AND WELLNESS

The holidays are just around the corner, and though most people get excited about the holidays, for many people this time of year can be a time of struggles, stress and anxiety. The stress can come from family issues like deciding which family member to visit, dealing with that one Uncle who says inappropriate things, or you could be struggling with your own social anxiety or even sobriety, and here comes the holidays where there will be a lot of mingling, socializing, and possibly drinking. How do you cope? How do you get over these Holiday Hurdles?

Student Life will be hosting a Lunch & Learn on November 18th, at the Carroll Campus Library, to discuss this topic!

Click on the Holiday Hurdles Flyer, or scan the QR code, to sign up and join us for a Free Lunch and discussion with Rachel Walker, Ed.S., LPC, CEAP, to learn how to cope during the upcoming Holidays!

STUDENT ORG SPOTLIGHT

Join SKILLS USA! If you want to compete in competitions to demonstrate occupational and leadership, have access to scholarships, reinforce your employability skills and grow your professional network, then we would love to have you!



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