

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, AUGUST 25, 2023

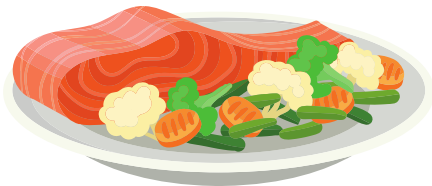


WEEKS OF WELCOME August 28 - September 6!

Weeks of Welcome begins Monday, August 28! We have entered a new school year, and we are so excited about Fall Semester! We want to welcome you with resource tables, caricature drawing, free giveaways and free food (while supplies last) We can't wait to meet you or see you again! Click Flyer for more Details.

HEALTH AND WELLNESS

25 HEALTHY BACK TO SCHOOL DINNER RECIPES



Lets start this new school year off with with some simple, easy and tasty recipes. Please send a picture to student life if you try them!

Please click here for more info:
<https://www.eatthis.com/national-banana-day-recipes/>



Interested in a fitness card?

Click on the link below to sign up!

<https://www.westgatech.edu/student-life/health-and-wellness/>

WEEKLY WELLNESS TIP: STUDY TIPS

Welcome back or Welcome to WGTC! WE ARE SO HAPPY TO HAVE YOU HERE! Please check out some study tips to make your academics successful!

Study Tips:

- You don't need ONE study space.
- Track more than HW in your school planner.
- Start small.
- School supplies (alone) don't make you organized.
- Get into a routine.
- Learn how to create a distraction-free zone.

View full article by clicking the Studying Students

August Book Recommendations for your Fall Reading List

Atomic Habits- James Clear

Get Good With Money- Tiffany Aliche

101 Essays That Will...- Brianna West

Rich Dad Poor Dad -Robert Kiyosaki

Jay Shetty (Podcast)



STUDENT ORG SPOTLIGHT

JOIN STUDENT ORGS

Are you looking for a fun way to engage with your peers, or even a chance to network. Look no further! WGTC is home to **TEN** student organizations. Find the organization(s) for you and JOIN TODAY! Scan the QR Code to find out more.



Scan me!



**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 Daily Horoscopes! Email student life if you found anything intriguing or interesting about your Horoscope. Click the Horoscope wheel!



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, 178 Murphy Campus Blvd Waco, GA 30182. ADA (Section 504) coordinator is Executive V.P. of Administrative Services, 678.664.0533, 401 Adamson Square, Carrollton, GA 30117.