

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, FEBRUARY 3, 2023



Lunch with the President!

Let's Do Lunch! WGTC's President, Dr. Post is bringing lunch to each campus! Feel free to drop by the campus Student Centers and have a conversation with her! She will be available for your questions and/or any concerns. If you would just like to enjoy a bite to eat, you can do that too! Please click the flyer for additional information including the dates that she will visit your campus. We look forward to seeing you there!

HEALTH AND WELLNESS

50 VALENTINES DAY RECIPES



50 Valentine's Day Dinner Ideas for a special night in for friends and family. Skip the stress of a dinner reservation. Bond while cooking a delicious meal for your loved ones to share.

Please click here for more info:

<https://www.delish.com/holiday-recipes/valentines-day/g2524/romantic-dinner-for-two/>



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:

February is the month of LOVE! Take time this month to find, replenish, and gain Self Love.

6 Ways to Cultivate Self-Love

- Keep a Gratitude Journal
- Give Yourself a Compliment
- Speak to Yourself as You Would With a Friend
- Practice Mindfulness
- Celebrate the Small Wins
- Limit Time on Social Media

Book recommendations:

The Self-Love Experiment
Shannon Kaiser

Get Out of Your Own Way
Mark Goulston

Don't Overthink It Anne Bogel

Year of Yes Shonda Rhimes



Click Heart to view full article:



STUDENT ORG SPOTLIGHT

JOIN FBLA COLLEGIATE!

Set yourself apart from the average graduate! Success in today's highly competitive business environment takes more than just a degree. It requires business savvy, leadership skills, and technical knowledge. By taking advantage of the many opportunities that FBLA Collegiate offers, students acquire the skills that will set them apart from the average graduate. They will be better prepared for careers, graduate school and life! Students who are interested in developing leadership, communication and team skills, or who are simply looking for an organization to meet and network with others at local, state or national levels may join. FBLA Collegiate is not just another student group: it gives members an opportunity to compete, learn, travel, and grow as business professionals.



For more information on FBLA Collegiate, email PBL@westgatech.edu.

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

STUDENT COUNSELING CONNECTION

GET CONNECTED



Contact a Counselor 770-834-8327

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

QUIZ CORNER: Take this quiz and Plan Your Ideal Valentine's Day Down To The Last Detail And it will Tell You When You'll Marry Your Soulmate.
Have fun and feel free to email Student Life to let us know if it guessed correctly. (Click the Cupid for the quiz)



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