

# KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER  
FRIDAY, MARCH 29, 2024

**SOUTHWIRE**  
COMPUTER SCIENCE INNOVATORS CHALLENGE

**THE CHALLENGE**  
Using all Computer Science techniques, you'll be given a problem to solve. You'll have 24 hours to develop a solution. You'll be judged on the creativity of your solution, the quality of your code, and the clarity of your presentation. Prizes will be awarded to the top three teams.

**SCHEDULE**  
8:00 AM - 9:00 AM Registration and Check-In  
9:00 AM - 10:00 AM Day 1  
10:00 AM - 11:00 AM Day 1  
11:00 AM - 12:00 PM Day 1  
12:00 PM - 1:00 PM Day 1  
1:00 PM - 2:00 PM Day 1  
2:00 PM - 3:00 PM Day 1  
3:00 PM - 4:00 PM Day 1  
4:00 PM - 5:00 PM Day 1  
5:00 PM - 6:00 PM Day 1  
6:00 PM - 7:00 PM Day 1  
7:00 PM - 8:00 PM Day 1  
8:00 PM - 9:00 PM Day 1  
9:00 PM - 10:00 PM Day 1  
10:00 PM - 11:00 PM Day 1  
11:00 PM - 12:00 AM Day 1

**LOCATION**  
West Georgia Technical College  
Carroll Campus  
Room 205

**APRIL 17, 2024**

**PRIZES**  
FIRST PLACE: \$100  
SECOND PLACE: \$50  
THIRD PLACE: \$25

**REGISTER BY APRIL 11**

**Southwire**

## CIST Innovators Challenge

The Computer Science Innovators Challenge is a friendly competition where students have the opportunity to showcase their skills. Whether students excel in network architecture, troubleshooting, coding, applications, etc. Students will be given a problem on the day of the event where they will have the opportunity to wow the Southwire and CIST judges with their most innovative solution. Join April 17th at Carroll to participate!

**WEST GEORGIA TECHNICAL COLLEGE**  
**TAKE BACK THE NIGHT**

6:00PM-8:00PM THURSDAY, APRIL 11, 2024  
WEST GEORGIA TECHNICAL COLLEGE CARROLL CAMPUS  
500 TECHNOLOGY PARKWAY, CARROLLTON, GA

COME TO OUR FREE EDUCATIONAL WALK TO LEARN ABOUT SEXUAL ASSAULT PREVENTION & MEET YOUR COMMUNITY RESOURCES

**FREE KNIGHTRO T-SHIRTS**  
**FREE 1 MILE WALK & FOOD**  
**WGTC & COMMUNITY WELCOME**

## Take Back The Night

Thursday, April 11th is TAKE BACK THE NIGHT! Join us for our free educational walk to learn about sexual assault prevention. Along with meeting our community resources, you will receive free giveaways and food. Don't miss out! Click the flyer for more information.

## HEALTH AND WELLNESS



**APRIL**  
seasonal produce list

### FRUITS

- Apples
- Avocado
- Bananas
- Citrus
- Pineapple
- Rhubarb
- Strawberries

### VEGETABLES

- Artichokes
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Celery
- Collard Greens
- Garlic
- Green Peas
- Kale
- Leeks
- Lettuce
- Onions
- Parsnips
- Potatoes
- Radishes
- Spinach
- Sweet Potatoes
- Swiss Chard

Spring Season is here! Shop and plan meals with in season produce for healthier and cheaper produce options.

If you try a recipe, let us know by entering a drawing for a grocery store gift card. Scan the QR Code to enter.

Grocery Store Gift Card Submission



## Interested in a fitness card?

Click on the link below to sign up!

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

## WEEKLY KNOWLEDGE TIP:

### JOIN US FOR REPOWER HOUR

Need to unwind, relax your mind, or have some peace before finals? Join Student Life on April 9th at 1pm for Repower Hour!

Library: Carroll, LaGrange  
Student Center: Douglas,  
Coweta and Murphy

### Repower Hour Activities

Create An Affirmation Pillow  
Color  
DIY Essential Oil Blending  
Light Refreshments

### Strategies that Reduce Test Stress and Anxiety

- Get a Good Night's Sleep
- Practice Calming Breathing Techniques
- Have a Positive Mental Attitude
- Take Time to learn the material Well
- Create a studying schedule
- Build a group of peers to study with or lean on

### Podcasts Recommendations

- On purpose with Jay Shetty
- Therapy for black Girls- Dr. Joy Harden Bradford
- The Mel Robbins Podcast- Mel Robbins
- The Calmer You Podcast-Chloe Brotherhood
- The Stress Mastery Podcast-Bill Cortright

### Book Recommendations

- The Body Keeps Score: Bessel Van der Kolk
- Building A Non-Anxious Life: Dr. John Delony
- Get Out of Your Head: Jennie Allen
- Stop Overthinking: Nick Trenton
- Unwinding Anxiety: Judson Brewer
- The Anxiety Toolkit: Alice Boyes

## STUDENT ORG SPOTLIGHT

### KNIGHTHAWK AMBASSADOR PROGRAM

Join our Knighthawk Ambassador Team and serve as a college representative! Knighthawk Ambassadors will be an impressive group of student leaders who are afforded opportunities to speak to WGTC Stakeholders about our college community, help orient new students at New Student Orientation, and serve as social media ambassadors to showcase the WGTC experience!

**WGTC STUDENT LIFE**

**KNIGHTHAWK AMBASSADOR PROGRAM**

Passionate about WGTC and want paid experience? **BECOME AN AMBASSADOR**

**YOUR ROLE**

- Serve as a Representative at Campus and Community Events
- Help Create WGTC Social Media Content
- Gain Leadership Skills

**PERKS**

- Ambassador Swag
- Scholarship funds/ Stipend Up to \$150 per Event
- Leadership Retreats

**APPLY NOW**

**WEST GEORGIA TECHNICAL COLLEGE**  
STUDENT LIFE

**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/>

**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.

