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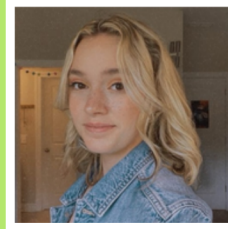
MARCH 10,  
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WELCOME  
BACK!

Kaitlyn Green, Editor



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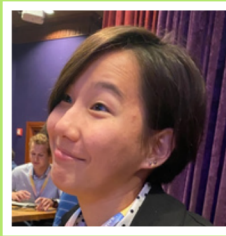
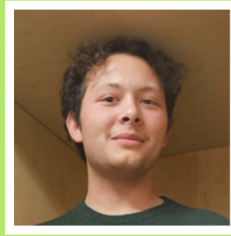
## Getting Back into the Groove

### Post-Break *By Morgan Peterson*

Hey Hogies! Coming back from spring break can be a challenge. Although we're not returning to finals like Thanksgiving break, trying to restart your semester groove after a week off can be tricky. Here are 3 tips I've found to help restart your routine during those first two weeks back!

1. Map out post-break assignments. It helps you see if there's anything you may have forgotten you have coming up while away. There's always going to be that one class with a test the first week you get back so it's better to be prepared.
2. Take the breaks, starting back up with classes is hard so allow yourself some grace. Allow yourself to recharge, you have to do homework but try and limit yourself and take frequent breaks.
3. Keep up with your sleep routine! Despite the urge to stay up all night gaming or reading, try and go to bed and wake up according to your class schedule. This will help you remain productive and focused while transitioning back.

Gabe Rosado,  
Writer



Mia Yost-Kelly,  
Writer

## Ending Your Freshman Year

*By Gabe Rosado*

Fall semester has come and gone, and before you know it, we will be at the end of the spring semester, which will close out your first year of college. While approaching the end, it is important to remember that sometimes we cause ourselves unnecessary stress. I am not saying to have zero expectations for yourself, but managing those expectations in a realistic way is important. If you get to the end of the academic year and you are not where you thought you would be, that is okay; it really is. Statistically speaking between 35-45% of engineering students will graduate in four years, which can be daunting.

But ask yourself this question, "Is the goal to graduate in four years, or is the goal to graduate with the degree of my choosing?". Try not to put yourself in a position where you have to choose between locking in or dropping out, which of course is easier said than done, but it needs to be said. Take it slow and steady, try to take advantage of extra credit, office hours, tutoring, or study groups. Also, some classes are better taken over the summer.

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## Fun Outing Ideas *By Mia Yost-Kelly*

Welcome back from break! As the weather is warming (hopefully), you can do more outdoor activities during the semester. Going out with friends or a significant other are ways to take a break. Here are some ideas:

- Visiting the Farmers Market
- Hiking a New Trail
- Picnicking on the Drill Field
- Stargazing by the Horticulture Garden
- Gardening a Few Small Plants

Making time for yourself and others are ways to reduce some stress. Fostering these relationships is essential to enjoying college life. Have fun!