

# THE GALIPATIA GOBBLER

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IF YOU MISS  
THANKSGIVING  
BREAK MEETINGS OR  
FORGET HOW TO  
CLOSE UP YOUR ROOM  
FOR BREAK GO TO  
STAR REZ FOR  
DETAILS.

Kaitlyn Green, Editor



Jasmine Pegues,  
Writer



## Study Motivation Tips

by Jasmine Pegues

Saying you're going to study is one thing, but sitting down and actually following through with it can be painfully difficult. Here are some suggestions on how to make the process easier!

Curating the right study playlist might be helpful to you when it's time to get to work. Opt to choose music that has minimal or no lyrics (classical, jazz, bossa nova, lofi, etc). Sometimes turning on a white noise playlist is really helpful if your brain still feels foggy.

Break down tasks into smaller, more manageable chunks. For example, if you have to write a report for engineering, instead of just jotting down "write report," you could break down your to-do list into segments for research, brainstorming ideas, writing each report section, compiling citations, editing, etc.

Schedule your day! Figure out where there tend to be gaps between classes, extracurriculars, and other responsibilities, and schedule study hours during those times in your Google Calendar. Downloading the app is handy too because you can set up reminders to alert you when a study session is about to start. Don't forget to leave room for meals, exercise, hanging out with friends, much-needed naps, or just relaxing in general.

If you're getting too stressed out or frustrated in one spot, pack it up and move to a new one. Pop into the second-floor lounge, rent a study room in Newman, or scope out a new spot in a department building. The change-up can be refreshing and clear your mind!

Understand your peak productivity hours. For me, that's 8 am to noon and I start to lose motivation and become easily distracted at 7 pm. I make sure to get a good night's sleep and wake up early as often as I can to take full advantage of those peak hours. Then, in the evenings, I've finished all my important work so I can relax and complete less urgent, easier tasks as I begin to wind down for the night.

Find someone or something to make studying less daunting. This could be studying with friends, making a vision board for your aspirations and goals, calling a loved one for advice, journaling to get your worries out onto paper, or creating a reward system.

Mia Yost-Kelly,  
Writer



Gabe Rosado,  
Writer

## Self-Care *by Mia Yost-Kelly*

As stress levels rise before the long-awaited Thanksgiving break, making sure you are taking care of yourself is more important than ever! Here are some tips and tricks to implement in your daily life before break and after:

- Move!
  - Getting up and moving can greatly improve your mood and health.
  - You already spend so much time sitting in class and just working, so your body would probably like the change of pace (ha-ha get it?)
- Eat!
  - I know I forget to eat when I am on a study grind, but you need food to get energy to keep doing what you need to
  - Eating healthy and regular meals also will help improve your focus.
- Hydrate!
  - This post is your reminder to start carrying a water bottle and use it because hydration is so important.
  - Not-so-fun fact but you can get headaches from not drinking enough water.
- Sleep!
  - All-nighters are not for everyone, and regularly pulling them should not be default.
  - Having a regular sleep schedule, which includes limiting caffeine and blue light, can make going to bed and getting up easier.
- List!
  - Looking at what you need to do can be extremely overwhelming.
  - Lists and setting goals/priorities makes it easier to tackle days that feel like too much, and getting to cross items off once complete can be satisfying.
- Connect!
  - Connecting with each person is different, but you should make sure you are reaching out to people who can provide emotional support or just vibes.
  - Hanging out with people and talking to those you trust are great ways to connect.

## Small Talk for Engineers *by Gabe Rosado*

As we go into Thanksgiving break and grow ever closer to the Yuletide Season, it is important to remember that these are times to grow closer to those you love. For the more socially awkward readers, here are some tips to help get you through the holidays.

1. The weather - Talking about the weather is one of the greatest adulting pastimes. For those of you who go outside, you can talk about how wacky the weather is here in Blacksburg.
2. School - For some odd reason every family member wants to know how school is going, so get used to getting asked about it a lot.
3. Sportsball - Whether you're into sports or not, you'll likely end up in or around a conversation about "The Game". In most cases, they'll be referring to football, but be sure to listen for keywords that indicate otherwise. Ex: "Yardline"(Football), "Lay-up"(Basketball), "Rink"(Hockey), "Cage"(MMA), etc.
4. Talk to Younger Family Members - It's never bad to talk to younger family members, since they're less likely to care about a lack of social skills. Another positive is that you can gain a reputation as "good with kids".