

THE
GALIPATIA
GOBBLER

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GOOD
LUCK ON
FINALS!

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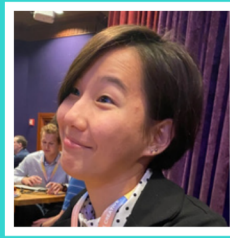
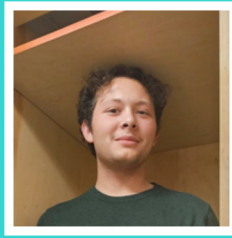


Self-Care Tips *By Jasmine Pegues*

As engineering students, we all know it's easy to sacrifice your mental well-being for your grades. Here are some simple self-care tips to implement into your day-to-day schedule for the new semester:

1. **Ensure you're getting at least 8 hours of sleep per night.** All-nighters might be fun to boast about, but sleep will actually improve your memory and knowledge of what you've learned during the day. It'll make studying significantly more productive as your brain is overworking itself when you're running on no sleep.
2. **Practice healthy communication!** It's no good to bottle up your feelings, no matter how comforting it may feel to ignore them. Express how you're feeling, whether that be by talking on the phone with a family member, reaching out to a friend, or scheduling an appointment with your advisor or at Cook Counseling. Also, setting a goal for yourself to journal daily before you go to bed or start your day is a great way to relieve stress.
3. **Balance schoolwork and hobbies.** Find an activity that you find relaxes you. Make sure to set some time aside at the end of the day once you've finished all of your studying and classes so you can completely shut off your brain and simply participate in that mindless activity. I've recently gotten back into crochet, which has been a great way to destress once I get back to my dorm every night.
4. **Prioritize yourself and become comfortable saying "no".** If you find yourself taking on too many responsibilities, whether that may be for a class project, an extracurricular, or always feeling the expectation to hang out with friends, you may become overwhelmed. So much is already demanded of us as engineering students, so if you can't seem to find the time for a certain activity, don't feel guilty taking a step back and taking some time to yourself!
5. **Set daily goals to ensure you're consistently taking care of yourself.** Sometimes, with everything going on in your classes, it's easy to forget simple steps like showering, getting a meal, etc. Apps like "Finch" find fun ways to encourage you to tick off healthy habits as you complete them each day.

Gabe Rosado,
Writer



Mia Yost-Kelly,
Writer

New Semester Resolutions *By Mia Yost-Kelly*

As this semester comes to an end with the approaching finals, now is a good time to reflect on this last semester. There are things that went well, and there are probably things that need improvement. With the coming new year, you can also take this time to make some New Semester resolutions for the upcoming spring semester.

1. Pass Classes → Basic but necessary
2. Try Something New → Getting a hobby that is not sleeping
3. Meet Non-Engineering People → Variety is good
4. Actually Exercise → Just move or go to the gym
5. Sign Up for Events → Do it now
6. Don't Procrastinate → Too early to get behind already
7. Do Language-Based Activities → Read a book or write in a journal
8. Make a Schedule → Manage time
9. Celebrate More → Little victories are important too

These resolutions are just some examples and suggestions! Best of luck on your upcoming finals and finish strong!

Finals Study Playlist *By Gabe Rosado*

Dancing Queen - ABBA

Total Eclipse of the Heart - Bonnie Tyler

Early Summer - Ryo Fukui

The First Layer - Kevin Penkin

Wonderland (Taylor's Version) - Taylor Swift

I'm Still Standing - Elton John

Know How - The Crane Wives

Every Little Thing - AKMU

From The Start - Laufey

Great Pumpkin Waltz - Vince Guaraldi Trio

Misty - Laufey

Generic Lofi:

