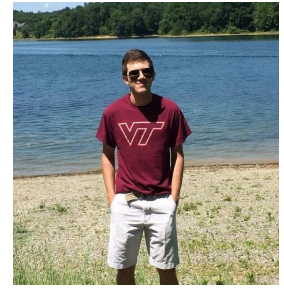


Galipatian Station

WHILE YOU PEE IN LEE

Friday, September 1st – Friday, September 8th 2017

COMPILER



Joshua Artz
Civil Engineering
Sophomore

Amazon Prime For Your Dorm



Veda Bhatia
Mechanical Engineering
Sophomore

Receive these necessities to your dorm in 1-3 days with your Student Discount Amazon Prime account!

Desk Lamp- A lamp for your desk may seem unnecessary since there is already a light in your room, but it's helpful when your roommate has gone to sleep and you're forced to do homework in the dark. Desk lamps can also come with charger capabilities as an extra way to charge your phone and computer (\$13.99-\$29.99).



Backpack Laundry Bag- You may already have a laundry bag that you think is good enough to do the job, but carrying your laundry up and down the stairs can get tiring. Backpack laundry bags can make the job easier and fun; it even has compartments for detergent. (\$12.99-\$19.99).

Comfy Foldable Chair- For those rare occasions that you actually have time to relax in your dorm with your friends and watch Netflix, you would probably want a chair that is comfier than the ones provided. These chairs give you comfort and don't take up space when not being used (\$30.99-\$62.99).



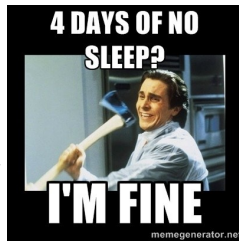
Cork Board- Cork boards have many uses. One can be used for decorations and putting pictures of friends and family or it can be used for hanging important papers, receipts and reminders. Either way, it can be useful to hang on the wall to make your room look less dull. (\$9.99-\$28.99).

Sleeping 101

Owen Smith
Aerospace Engineering
Sophomore

It's no secret that college students like staying up well past midnight. This time is often spent on recreation, like parties and gaming, or academics, such as reviewing notes or homework. While these are both important to a healthy college lifestyle, it is just as important to sleep.

Being able to get a good night's sleep is important for your physical and mental health for many reasons. There are two parts to a full sleep cycle, called NREM and REM. During NREM, the deepest part of your sleep, the body takes the time to repair damaged tissue and regulate growth. REM sleep is responsible for your dreams and being able to wake up alert and focused for those 8am classes that most of you invariably have.



If you have trouble falling asleep, here are a few tips and tools to make it easier.

Exercise - Visiting the gym in McComas, going for a jog, or joining an intramural team are great ways to help regulate sleep patterns.

Blue Light Filter - Using a blue light filter for your devices, such as f.lux (Windows, Mac, some iPhones), or Twilight (Droid, iOS), will help make sleep more attainable.

Caffeine and Sugar - Avoid caffeinated or sugary drinks within three hours of going to bed.

Sleepyti.me Sleep Calculator - Pick your wakeup time to know when is best to go to bed.

Hopefully these tips will help you keep your sleep outside of the Foundations classroom.



Opportunities



Gabbie Valazquez-Pergola
Computer Engineering
Sophomore

Hey Hokies! Now that move in is over, and we're all settled in, I'm sure we're all looking forward to the start of a new year at Virginia Tech. Let me share with you a piece of

advice someone gave me last year, when I was in your shoes. Take the initiative to explore the countless opportunities offered; they will help shape your journey here at Virginia Tech.

With that said, here are some resources to explore:

Moss Arts Center – Where you can find a beautiful performance hall, a visual art gallery, and an amphitheater. Enjoy performances and concerts, such as the VT Fall Show Choir Showcase on October 22nd.



Office of Undergraduate Research –

Pursue research opportunities available in the university, and get to know our research professors. There are tons of opportunities for people of all majors to take part in.



GobblerConnect - Explore Virginia Tech's student organizations, by category or name. Find an organization that interests you, and get involved!

Stay hungry for opportunity, and stay proactive in your pursuit.

GOBBLERCONNECT