

Galipatian Station

WHILE YOU PEE IN LEE

Friday, October 5th – Friday, October 12th 2017

COMPILER



Garrett Bimstefer
ESM
Sophomore

Places to Study on Campus



Courtney Jones
Civil Engineering
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It can be difficult to find a good study spot on campus. Everyone likes to study in a different way so it's all about finding what works for you. Some people prefer to study in their dorm room and others, like myself, tend to get distracted in their dorm. Newman and Torgersen can get really crowded during midterms, but luckily there are lots of other places on campus to study:

New Classroom Building

New Classroom Building offers lots of tables for group meetings. Most of the tables have built in charging ports. There are also small meeting rooms and the larger rooms can be reserved for bigger meetings.



Goodwin Hall

Goodwin may be far away from Lee, but it's a good place to go to get quiet time to study. On the upper floors, there are couches, tables, and comfy chairs to use to study. There are also ping-pong tables that are open for anyone to use to relieve some stress.



McBryde Hall

McBryde Hall is open 24/7, so it is the perfect spot for private study sessions once classes have ended. Each room is equipped with a blackboard and ample seating. To check room schedules, visit: <http://info.classroomav.vt.edu/RoomSchedule.aspx>

Studio 2

Studio 2 in Lee Hall is located on low side of the second floor. It is usually open for anyone in Lee Hall to use to study in or hold meetings. There is a TV, whiteboards, desks, and textbooks in the studio that anyone can use.



Biweekly Brainteaser

This is Frank the Flatlander. He lives in a two dimensional world. For whatever reason, his only desire is to flip his internal organs without surgery. Is there a surface that he can walk around to make his strange dream a reality?

Biking on Campus



Ian Murray
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As you have hopefully found out by now, Virginia Tech has a rather large campus. This means getting around can be somewhat of a struggle especially if you are in a rush. This is why many people chose other means of transportation to get around be it skateboarding, unicycling and mostly biking. Biking is probably the easiest form of transportation on campus and there are many groups at Tech that can help you get into it.

Bike Clubs

As of right now, Virginia Tech has two biking clubs on campus, those being the “Mountain Biking Club” (VT MTB) and the “Cycling Club”. As its name suggests, VT MTB goes on mountain biking trips in the general area. The club has weekly rides throughout and around Blacksburg. The main way to keep up to date with them is their

Facebook group where people post when they are going for rides. The Cycling Club is more of an official sports team. They compete in competitions individually and as a group. However, everyone is welcome to join the team.

Roam

This semester, Virginia Tech has launched the Roam NRV bike ride share program. To use this program, just download the SoBi mobile app and make an account. Unlocking a bike for use is as simple as entering your account number and unique PIN. Just be sure to return the bike to one of the eight locations on campus. Check it out at <http://gotchabike.com/roamnrv/> to learn more.

Bike Hub

The Hokie Bike hub is an excellent resource for students at Virginia Tech. This is a bike shop located in the Perry St Garage by Goodwin Hall. It is completely free to use and has experts that are always willing to help work on your bike. They do not sell any parts, so if you need something you can buy it at any of the local bike stores such as Eastcoasters or The Bike Barn. They will show you how to do what you need for your bike, be it any skills or tools and then let you do it yourself. They are open weekdays from 9 am to 6 pm.

Counseling on Campus



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Mental health is very important and we all know that college can be stressful. It is also safe to say that the rigorous engineering curriculum can trigger these conditions. However, stress can also originate from social, financial, familial, and many more unfortunate situations. College is a time of development, both physically and mentally. These changes can be challenging, so it is a common age for mental illness to begin. Consequently, it is crucial that you take the necessary steps and reach out for support when needed. Fortunately, Virginia Tech provides some amazing services to assist students in times of difficulty.

Cook Counseling Center

One service is the Cook Counseling Center located in McComas Hall, room 240. The Cook Counseling Center has 18 different counselors with PhDs in clinical psychology. Additionally, they have two professional psychiatrists and two psychiatric nurses for more serious condi-

tions. They even have a therapy dog called Moose!

What most students don't know is that they actually pay for these services in advance every semester, so it is a waste not use it. You can either schedule an appointment, or in an emergency, they offer a crisis consultation session. If the emergency is outside of their daily office hours, you can always call: 540-231-6557. The services offered at Cook Counseling Center are confidential and information cannot be shared unless you agree to it. However, exceptions will be made if there is a matter of self harm or someone else is involved. So don't hesitate to seek for assistance when you need to. Check out <https://www.ucc.vt.edu/> to learn more.

Hokie Wellness

Hokie Wellness is another mental health program offered by Virginia Tech located in McComas Hall, room 195. This service specializes in providing education for physical, emotional, spiritual, social, and financial well-being. Their main function is to organize workshops focusing on these subjects to improve the wellbeing of all Hokies. However, they also provide individual coaching to assist with addictions, nutrition, mental health, and much more. Take a look at their website <https://hokiewellness.vt.edu> for more information.