

Galipatian Station

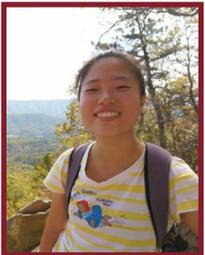
WHILE YOU PEE IN LEE

Friday, November 9th – Friday, November 14th 2018

COMPILER



Sarah Maxseiner
Computer Engineering
Sophomore



End of the Year Tips

Yahui Zhao
Computer Engineering
Sophomore

November is here and there are about two weeks until Thanksgiving! We are all looking forward to the Thanksgiving break, however midterms and projects can cause extra stress. Here are some tips that I hope can help you manage stress, study efficiently and stay happy.

Study Tips

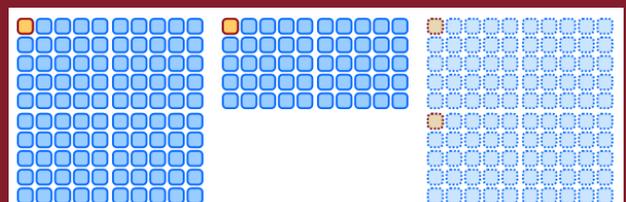
- Pay attention to the due dates and exam dates. You can save important dates on your laptop or in a notebook, or use online apps like Google Keep or Windows Sticky Notes to remind you of the upcoming things. If there are several things coming up, you need to plan ahead to avoid the rush or low performance on tasks. A survey showed 90% of college students procrastinate. Don't let that be your excuse of not finishing what you need to do.
- Visiting professors during office hours can help you clarify problems, and you can learn a lot. Be prepared with your questions and ask your professor politely. Don't stop yourself from going because you are afraid of your questions being silly. Professors are there to help, and they are

always happy to see you are working hard! Talking to your professor is a great way to explore your interests for the class and build the connection between you and your professor.

Self Care Tips

- Never feel bad about yourself. Class material and projects can be challenging and frustrating, but do not get overwhelmed. You are not the only one who feels like this. Remember, you are not alone. Your parents and friends are a great support system. Call your parents and share your college life with them or catch up with an old friend. CNN reported college students talking on the phone with their parents reduce a key anti-stress hormone and also releases oxytocin, a feel-good brain chemical that cheers people up. Remember the happy moments and believe in yourself!
- Reduce caffeine intake. Studies show that caffeine can boost alertness, cognitive performance, and short-term memory; however, consuming about 400 mg daily (about 4 cups of coffee) can lead to serious problem. Too much caffeine can raise tension, blood pressure, and prevent a good night's sleep for college students and directly affect academic performance. There are activities you can do if you feel tired: take a nap, go to the gym, drink water. Caffeine is not the only way to keep yourself alert!

Intuition is to simply subtract 1 lb. of water from the total to represent 1% water weight. However, the goal here is to get to a 2:98 solid to water ratio. Using this method, we end up with 50 lbs. of potatoes!



VT News



Keefer Ellis
Computer Science
Sophomore

VT News is an excellent website that can be used in variety of ways. It can be accessed by searching for VT News or Virginia Tech news.

The website is one way to get up to date on an almost daily stream of news articles that apply to a variety of different topics. The website also allows you to submit a campus notice if you have news to share and subscribe to receive emails about new articles. The website users can filter the catalogue of articles provided through the website by topic. The topics are: Academic, Research, Global, Arts, Alumni, Student Life, and Campus News.

Each of the topics you can search for shows a different function these articles can be used for. For example, you can get up to date on Virginia Tech's global efforts or receive an open letter from the

Chemical Engineering



Dana Aherron
Chemical Engineering
Sophomore

Chemical Engineering is one of the hardest engineering majors offered at Virginia Tech. The curriculum focuses on chemistry and the processing of chemicals in industry. The courses you have to take include organic chemistry and thermodynamics. These classes sound intimidating and difficult, but they're fascinating and you get to learn so much about how the world works! One perk of being a ChemE is that you don't have to take Statics, a sophomore level class that's essentially physics on steroids, that most other engineering majors have to take.

There are so many things you can do with a chemical engineering degree in your career. You can work for energy giants like Exxon Mobile or Marathon, or a paper company like Georgia Pacific or West Rock, or a materials company like Dupont.

Schiffert Health Center on how best to survive flu season. You can also access all of President Sands' messages to students through the news site. Overall the website is a great resource for news that affects students, such as the new plan adopted by the Board of Visitors to construct the new Creativity and Innovation District Living-Learning Center.

The website is also a great resource to access weather reports. There are links on the Campus Live page that allow you to stream from cameras on campus. You can also download the app Weather-STEM to stream the weather cameras on your phone. The webpage also has a link to the Virginia Tech Weather page. This website provides up to date weather readings and satellite images of the local area giving better and more updated information than most weather sites.



If these companies don't interest you, chemical engineers are also employed in pharmaceuticals, plastics, consulting, even food and drink. The opportunities are endless. No matter what you choose to do as your career, you are likely to change the world, because many companies are looking to become greener.

ChemE Car is the only design team for chemical engineers on campus. The team builds a car that is propelled by controlled chemical reactions. Although there aren't a lot of design team opportunities on campus for chemical engineers, there are many opportunities for undergraduate research. Many professors conduct their own research and this information is available on the Chemical Engineering at VT homepage.

Most chemical engineering students gain experience through co-ops and internships, which is typical for almost every student.



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