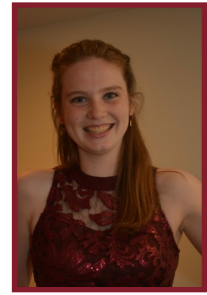


Galipatian Station

WHILE YOU PEE IN LEE

Friday, December 7– Thursday, December 13, 2018

COMPILER



Sarah Maxseiner
Computer Engineering
Sophomore



Final Week Tips

Keneil Gordon
Civil Engineering
Sophomore

Hello Galipatians!

It is that time of the year, finals week! I know some of you may be stressed out, but no need to fear, finals are not as stressful as you may think. For some, finals may just be to keep your current grade, and for others, it may be the difference between a D or a C. Regardless of the situation you're in, there are a few tips that you can follow to ensure that you give yourself the best opportunity to do the best on your finals

Scheduling

Make sure that you create a visible schedule of when your final exams are. This will be very essential in being able to plan when to study for which exams. Scheduling in college is very important as it will help to keep you on track of all you have to do. You can also create time-slots to study for the different exams that you have, and that will help with time management.

Empty Classrooms

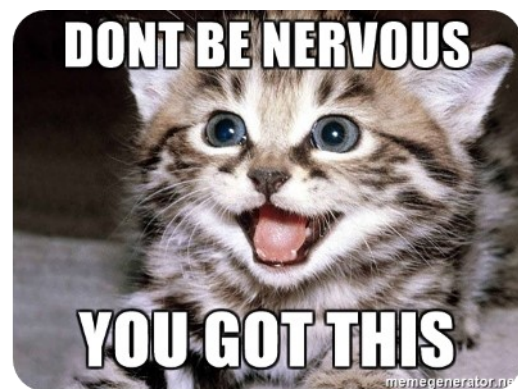
During finals week, many, and I mean many people use the library as their place to study. The problem is, it makes it difficult to find seats to study. Thank-

fully, many academic buildings are open and available for use. Places to study include Surge, Wallace Hall, McBryde, Pamplin, and many more. Just grab a friend, find an empty classroom, and study. Plus, you get to use the white/chalkboards available in the rooms!

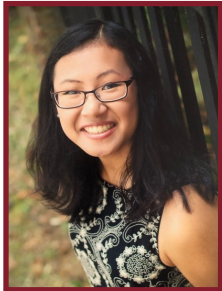
Sleep

You may see this throughout the newsletter, but it is very important to get good sleep. Pulling all-nighters may sound enticing to study, but your rest is very important and key to doing well on exams. Your body needs sleep and being well rested may actually be more advantageous than trying to cram that extra few hours of studying. This is why scheduling is important, it will allow you to properly study important material and find time to sleep.

Good luck on your finals! And remember, take breaks in between studying. You all got this!



Destressing During Finals



Angela Ngo
Computer Science
Sophomore

Finals week is bound to be a stressful time, but I hope that everyone knows how important it is to take care of yourself first! Taking breaks to relax and recharge will not only stave off mental breakdowns, but will help you focus better once you get back on the grind. Here are some things you can do to relieve some of your stress between study sessions:

Exercise

Whether it's hitting the gym or simply taking a walk around the Drillfield, short exercise breaks will help you focus, give you energy, and release endorphins. Even sparing 15 to 30 minutes for exercise will go a long way. You might also be interested to know that group exercise classes at Virginia Tech are free from December 7 to December 13!

A Message About Finals



Andrew Watson
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People often talk about how rough final exams are and they do have a point. Finals frequently account for a very large percentage of your grade, and cover material from early on in the semester that you may or may not actually remember. That, plus the tremendous amount of lead-up to them - other tests don't have a "reading day" and the fact that they mark the end of the semester results in a lot of hype.

In my opinion though, it's not always deserved. At least in my experience, the difficulty of a final exam is about on par with the difficulty of the other exams, plus you don't have other homework distracting you while you study. Finals are a lot more significant than other tests, yes, but they aren't necessarily much harder and might even benefit your grade! Here's a few (maybe obvious, but super useful)

Take a nap

Sometimes an all-nighter is inevitable to cram in those last few topics before your morning or mid-day exam. If you do decide to forego sleep, be sure to make time to take a nap to get back the sleep that you missed.

Take advantage of campus events

There's bound to be some events centered around destressing for finals this week. One example is Study @ Squires, which will be hosting some stress relief activities such as stress ball making or yoga. If you can spare the time, consider attending! This will help you take your mind off your anxieties for an hour or two as well as some time to socialize with others in the same boat as you.



things you should do before finals kick into high gear.

Double and triple check when and where your final exams are. This may seem obvious, but it certainly isn't unheard of for someone to neglect to check until the last minute, only to desperately scramble through Canvas to find out with only a few minutes to spare.

Make sure to get some sleep the night before the exam - you're going to have a rough time focusing on the material if you're exhausted. Besides, studies show that sleeping well will help you a good deal more than an extra few hours of studying will.

Have you got a good study space? If not, try to find one - the library and Torgersen Bridge are popular choices, but there are a few places that are less likely to be crowded. Each floor in Lee Hall has a few lounges, and there are frequently unused rooms in the New Classroom Building or in McBryde hall.

Good luck on your exams, and keep in mind: you can do this!