

Galipatian Station

WHILE YOU PEE IN LEE

Friday, October 4th 2019—Friday, October 11th 2019

COMPILER



Sarah Osborne
She/Hers
ESM

Mental Health Strategies



Jagath Ranaweera
Aerospace Engineering
He/Him/His

At a place where you are meeting new people everyday, facing new challenges, dealing with different stresses, all while being away from your parents'

guidance, college is where you need to take care of your mental health the most. After being at Tech for more than a year now, these are some of the things that helped me find balance in my mental state and hopefully things you can implement to find balance in yours:

Take care of your body: Being healthy will not only help you feel better physically, but it can help your state of mind. Eating healthy is a big one because of how much more independence you have in college than you had in high school. Now you choose what you want to eat everyday, so making the right nutritious choices will not only help you feel energized and feel better throughout the day, but it can also improve your overall mood.

Take a break: Everyone here is trying to work their hardest and get the best grades to graduate college

with a good GPA. However, not pacing yourself and overworking will eventually lead to burnout and do more harm than good. Take a moment out of everyday to unplug yourself from schoolwork and just take a break, whether that be taking a walk, going to the gym, or even going to get milkshake with some friends at Deet's. By the way, there is a concert taking place on the Drillfield on October 11th at 6:30 p.m. featuring Anderson .Paak and The Free Nationals, Fitz and the Tantrums, and DJ Earworm. No tickets are required and the concert is free, so come through!

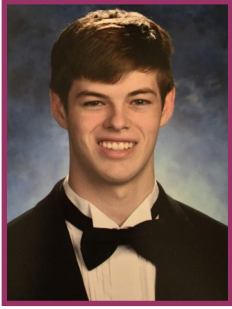
Get help if you need it: Even before you feel like you need it, talking to someone about what you are going through could be very beneficial and relieving. If you keep your mental health troubles to yourself, you might see it start to affect your grades, which could cause a snowball effect very quickly. A great resource is the Cook Counseling Center. The center offers services including individual counseling, group counseling, career counseling, and more. Another resource available to you is the drop-in crisis hours at the McComas office. This is for the more serious and urgent situations, but they are open from 8:00 a.m. – 4:30 p.m. on Mondays to Thursdays, and from 11:00 a.m. – 4:30 p.m. on Fridays. Other resources available to you are SMILE, the LGBTQ+ Resource Center, Hokie Wellness Workshops, Disability Support Organization (DSO), and Women's Center.

STEM Pun of the Week

Where does bad light end up?

In prism

Places to Study Around Campus



Parker Jones
Mechanical Engineering
He/His

By now, many of you may have already found a nice study place, but there are tons of hidden gems that can save you time from trying to find space in some of the busier spots like Newman.

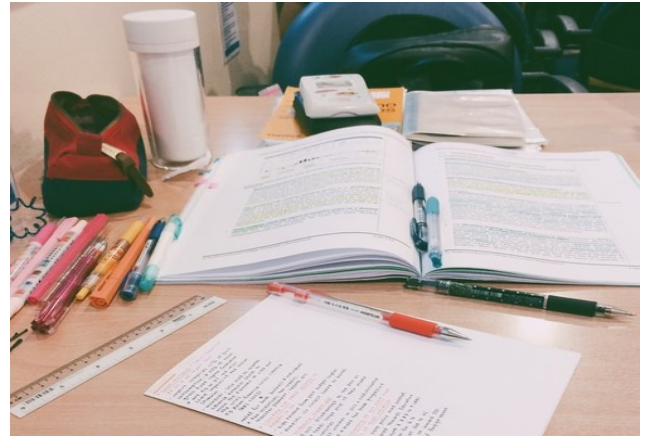
Right now, there are a bunch of spots outside that are great, except for on the windy days. The Drillfield is a great place simply because there are so many spots around it to spread out and there is plenty of shade. Also outside Lavery and New Classroom there are a bunch of tables that tend to fill up slower than those inside.

On the academic side, New Classroom building and Goodwin are some of the nicest study spots, but they also tend to be some of the busiest. If you go to the upper floors of both buildings you can find nice tables and views but it is a matter of luck if you can find an open spot during the day. If you are over there later at night there you may be able to go in a classroom and you can pretty much always find an open

table. Even though it does not have air conditioning, Johnston Student Center usually isn't too busy and they have nice couches on the top floor and plenty of tables.

On residential side, be sure to go to our studios here in Lee Hall. You'll always find people studying and it can be a great place to meet people to form study groups. Additionally, places like West End and Owens tend to have lots of empty seats during the early afternoon and they are a great place to go and get work done.

Additionally, in nearly every academic building there is seating and it just takes a little exploring to find a nice, quiet space!



Follow Galipatia on Social Media!

As you may or may not know, Galipatia has a website and multiple social media accounts! These are to both keep you updated on things going on in the community and to provide a little fun (as you can see in our elevator Twitter). Feel free to follow and send us things!



galipatiacommunity.com



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@Galipatia



@Galipatia & @LeeElevators



Galipatia Community



2019/2020 Galipatia Community (A closed group)