

Galipatia Gazette

Compiled By:
Meri Curwen &
Aaiswarya Gopinadam



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SKINCARE 101: THE BASICS OF A ROUTINE

Author: Aaiswarya Gopinadam



Starting a skincare routine can be intimidating as it is hard to figure out what products to use and when. So here are a few guidelines to get you started!

1. Cleanser: Even if you do nothing else, washing your face at the start and end of the day is good for you in general. Cleansing helps wash the dirt and bacteria that builds up on your face, so cleansing well can assist you with reducing acne, inflammation, and generally just brightens up your skin!

My recs: Double cleanse w/CeraVe Hydrating Cleanser and a foaming cleanser of your choice

2. Toner: Do you dream of achieving clear skin? It may seem impossible, but a good toner can set you on the right path! Toners should be used right after cleansing to help hydrate and smooth out your skin. Be careful to not overuse toner though, 2-3 times a week is ideal for general skincare!

My recs: The Ordinary Glycolic Acid 7% Exfoliating Toning Solution, use as per bottle instructions

3. Serums: Serums are as versatile as they are effective, and there are tons of different serums that serve different functions. Some focus on hydration and brightening skin, others on reducing wrinkles and tightening your pores. Serums should be used based on your specific skin care needs, so make sure to pick one that works for you!

My recs: COSRX Snail Mucin, Beauty of Joseon Glow Serum, Niacinamide, Vitamin C Serum

4. Moisturizer: Moisturizer is extremely important in terms of retaining moisture and improving skin hydration. In fact, moisturizing regularly can assist with skin elasticity, which helps prevent wrinkles.

My recs: Vanicream moisturizer, Cetaphil lotion, La Roche-Posay Toleriane Ultra

5. Sunscreen: Even if you take nothing else away from this article, please take this: sunscreen is the most important step of skincare. Sunscreen helps prevent sunburns and skin cancer, and using it daily can reduce the appearance of scarring, which is made worse by exposure to UV rays.

My recs: Bioré UV Aqua sunscreen, Isehan Sunkiller Perfect Water Essence, Beauty of Joseon Relief Sun



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VT CEED

Reading Day Events: Thursday the 8th (NO Classes)

All Day Breakfast at Owens Dining Hall – 7:30am - 9:00pm

Ramen for Reading Day – 11am - 2pm – Squires Rm 140

Reading Day Dodgeball – 1-5 pm – Rec Sports Field House

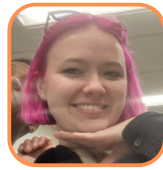


Check out the
Idea Book for fun
Studio 1 projects!



WHAT TO DO OVER WINTER BREAK

Author: Meri Curwen



Winter break is coming up and here are some fun activities to fill the time.

Sleep: Be honest you probably did not get nearly enough sleep over the semester. So take the time this winter to snuggle into bed and sleep in a bit.

Spend time with your pets: I bet you miss your little fur babies if you have them. I really miss my cats. And even though they are little gremlins who hate me, I can't wait to shove my face into their fur.

Drink a lot of hot chocolate: 'Tis the season and Hot Chocolate feels like being hugged on the inside. Mix it up a bit and add peppermint or cinnamon. Drink as much as physically possible.

Bake: My favorite thing about the holiday season is baking so many cookies, pies, and other sweets, that my family complains.

Pick up a new hobby: I am planning to start crocheting this winter break because one can never have too many scarves and hats.

Just remember that you are free of school for a brief period of time so make the most of it!

THE END OF FALL SEMESTER

Author: Kiara Klear



As the fall semester comes to a close, you should start thinking about classes you want to take next semester and any changes to your schedule you would want to make. In addition, you should start thinking about your major. Spring semester is a very important semester because it's the semester before most freshmen choose their major. It is also the semester where you start taking classes in the major you're interested in. Since add/drop has opened back up, there might be some classes you would want to add to see if the major you're interested in pursuing is the one for you.

Looking at checksheets to see what classes to take next semester is very important because the checksheets are a guide. They also help with looking at your plan for your time at Virginia Tech. Spring courses are important because when completing the change of major form to be guaranteed the major you want to maintain a 3.0 GPA. Check over all your course to make sure you get the professor and time that you want. Winter courses are also open. They are available to everyone and can help you get ahead with any courses you might be behind in or if you just want to take a course to complete a prerequisite. Be prepared for next semester!