College tuition is becoming more and more expensive, but where exactly does all the money go? Page 2

Tech offers organizations ga-
lor for interested students, and opportunities to start new ones. Page 3

Students from across campus share their stories and dish on how to manage daily life at Tech. Page 5

Elections are coming soon, but college students are no-
toriously bad voters. What’s Tech doing about it? Page 8

Getting around campus by bus services might seem like a good idea, but sometimes it’s better to walk. Page 9

He’s loud, obnoxious and keeps late hours. He’s also your roommate. Find out how to cope. Page 10

Stress and sleep deprivation are college health hazards. Get advice on how to avoid bad habits. Page 11

How is your tuition money spent?

By Jenny Zhang
Focus Editor

The beginning of another school year brings with it a host of new things—new books, new classes, new friends and the ever-present promise of a new start. When it comes to money, however, the story remains predictably old and the same. Students have none.

After the usual round of payments, loans and back-to-school purchases, bank statements start dropping into the single digits. Education is not cheap.

As Tech, tuition alone for this year’s entering freshmen topped out at $5,892 for in-state students and $19,238 for out-of-state students, a seven-percent increase from last year. Returning undergraduate students footed a bill of $5,620 if they were in-state and $18,880 if they were out-of-state, a five percent tuition increase over last year. Clearly, college comes with a hefty price tag.

“We’re projecting $132 million in revenue from tuition and fees for the 2007 fiscal year, which is 13 percent of our entire $991.4 million annual budget,” said James Kirk, director of the Office of Budget Management and Sciences. “Of the $132 million projection, $115 million is from tuition revenue. The numbers are fairly staggering.

Money from this ‘pot’ is used for instruction, research, public service, facilities and support purposes. In other words, Resident Instruction provides funds for all of Tech’s colleges (Architecture, Computing, Engineering, Liberal Arts, Management and Sciences) as well as money for the library, administra
tive units, student support and plant operations.

Who decides how the money
comes with a hefty price tag.

Tuition goes into a “pot” of money that is used to fund a variety of institutional expenditures, most notably research and instruction. The numbers are fairly staggering.

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Students can take part in the budgetary process in several ways. The under
graduate student body president, currently Alison Graub, may provide input through the Institute Budget and Planning Committee.

Students can talk to the deans’ offices of their respective colleges, or...
“It's not about what your school does for you, but what you do for your school”—this statement aptly reflects the sentiments of Tech students across campus.

Tech offers a multitude of opportunities for students to get involved, with organizations and clubs that cover a broad spectrum of interests. There are cultural, religious, academic, sport and media opportunities available for those who seek them. With so many options available, students can follow their passions and ultimately give back to the school through their involvement in an on-campus activity.

Rachel Benkeser, a second-year Biomedical Engineering student, said that students should “launch out and pursue leads.” Reflecting upon his experiences during his first year, White said that “being involved—putting your effort in—makes [Tech] your home...that’s why you love Tech.”

The biggest thing is to keep your eyes open and to go out and see what interests you,” said Chris Luders, a second-year Chemical and Biomedical Engineering major. “It’s all about the individual; the people who have interest in an organization become involved, provided by the office and their academic mentors.”

“I came to Tech and saw that when she came to Tech and an International Affairs major, did just satisfied? Start your own! That is the same organization. You need to be able to acknowledge at a certain point that an organization is not just you. Let the organization become what it is, which can be scary; step back and take other people’s input—a crucial step—because you want to create something that will last longer than your stay at Tech.”

For students who wish to undertake such large leadership roles, or for those who simply want to become more active in their chosen organizations, leadership courses and seminars are offered numerous times throughout the year.

Despite such a focus on extracurricular activities, and the large number of students that are active in extracurriculars on campus, "academics [still] have the edge," White said. "This can be seen in the fact that Tech is consistently ranked nationally in academics. White maintained that while "academics are num

Additionally, Benkeser said that you should "make sure to factor in time for yourself that is not taken up by classes and/or leadership roles. If you do this, you will be more productive because you will come back refreshed and the benefits will be incredible." She also recommended that students "try their hands at the application, they don't have time to be in the organization.

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FALL 2006
STUDENT CENTER
PROGRAMS COUNCIL EVENTS

ART
Cool down August with the Student Center - Tuesday, August 29
11:00 am - 1:00 pm, Skiles Walkway
The Murder Mystery Dinner Theater
Friday, October 6, 6:30 pm, Student Center Ballroom
Jazz and Hors d’Oeuvres
Friday, November 10, 8:00 pm - 11:00 pm, Music Listening Room

CONCERT
Live Lunch Series - Free Concerts! 3rd Thursday of every month
11:00 am, Student Center Campanile or Commons stage

FESTIVAL
Ramblin’ Nights - Friday, November 17, 10:00 pm - 1:00 am, Skiles Walkway

HOMECOMING
Up With The Gold & White
Photo Scavenger Hunt - Monday, October 23, 5:00 pm, Music Listening Room
Homecoming Carnival - Monday, October 23, 3:00 pm, Yellow Jacket Park
Tech Trivia - Tuesday, October 24, 6:00 pm, Junior’s Grill
Homecoming Talent Show - Thursday, October 26, 8:00 pm Student Center Ballroom
Homecoming Events October 23 - 28, wrapping up with the Homecoming football game on Saturday, October 28, Tech vs Miami

IDEAS AND ISSUES
Mythbusters - Tuesday, September 5, 7:00 pm, tickets at the Student Center Box Office. Ferst Center for the Arts. Tech students $6, $8 at door
Movie: “Hotel Rwanda” - Thursday, September 28, 8:00 pm, Student Center Theater
Paul Rusesabagina - Thursday, October 5, 7:00 pm, Student Center Ballroom
Take a Prof to Lunch
Thursday, November 9, 11:00 am -1:00 pm, Student Center Ballroom
$6 per student/faculty pair

MOVIE
Outdoor Movie: “The Da Vinci Code”
Friday, August 22, 9:00 pm, Yellow Jacket Park
Feature Movie: “Mission Impossible 3” - Thursday & Friday, August 31 & September 1
Feature Movie: “Cars” - Thursday & Friday, September 14 & 15
Feature Movie: “Pirates of the Caribbean 2 - Dead Man’s Chest” - Outdoors on Friday, October 6, 8:30 pm Sunday, October 8, 3:00 pm, in Student Center Theater
Thursday movies, 8:00 pm & Friday movies at 7:00 pm & 10:00 pm.
All Movies: $2 with Buzzcard, $3 without, Student Center Theater
Burdell Film Festival free movies
Thursday & Friday, November 2 & 3, 7:00 pm, Student Center Theater
Thursday & Friday, November 9 & 10, 7:00 pm, Student Center Theater
Thursday & Friday, November 16 & 17, 7:00 pm, Student Center Theater

OPTIONS
Fall Options Classes
Options Registration August 23 - September 8
Late Registration September 9 - 22 ($5 late fee)
Box Office or online @ fun.gatech.edu

PROGRAMS BOARD
Midnight Breakfast - Tuesday, December 12, 10:00 pm - 12:00 am
Student Center Food Court

PUBLIC RELATIONS
Remember September! - Tuesday, September 26
Go Extreme on Halloween! - Tuesday, October 31
Dreaming of Sugar Plum Fairies Already? - Tuesday, November 28
All events are from1am - noon, Student Center Table
11:00 - 1:00 pm, Student Center Table

SPECIAL EVENTS
Random Acts of Fun: Palm Reader - Thursday, September 14
Random Acts of Fun: Petting Zoo - Thursday, October 12
Random Acts of Fun: Oxygen Bar - Thursday, November 9
All events are from 11:00 am - 12:00 pm, on Skiles Walkway
Tech Trivia (Homecoming event)
Tuesday, October 24, 6:00 pm, Junior’s Grill

For more information on all these events visit: www.fun.gatech.edu

Craft Center - 3rd Floor
Hours of Operation
Monday - Thursday 12:00 pm - 9:00 pm
Friday - Sunday 12:00 pm-6:00 pm

The Craft Center
Bring this coupon in for $1 off your purchase of $4 or more!

$1 off Third Floor
Student Center
Name:
Third Floor
Email:
911-894-2437
One coupon per customer per visit, expires September 3, 2006

Music Listening Room - 2nd Floor
The least stressful place on Campus
An enviable music collection
2000 CDs
1500 LPs

Tech Rec - 1st Floor
Your Source for Lanes & Games
*Bowling*Pool*Arcade
*DDR*XBox*Darts

Fun On Every Floor
GT Student Center Call (404) 894-2829 for more information

For more information about Fun On Every Floor visit: www.foef.gatech.edu
Students offer advice on how to navigate life at Tech

By Aileen Li
Contribution Writer

For incoming freshmen, the start of the fall semester is an especially trying and critical time. Not only do they have to deal with harsh professors and challenging courses, they must also learn how to adjust to college life. Students can have successful or disappointing experiences depending on how much they know about the ins and outs of daily life at Tech.

Other dining options

One of the most important survival tools for a college student is the ability to find food, because mom will not be there to cook anymore. No worries though, for Tech provides its students with many dining options, from residential dining halls to the food court in the Student Center, to accommodate everybody’s taste and budget. To find out what suits one’s particular taste, it is advisable to take the first few weeks to explore various options.

“Try everywhere first, try places you think you would like to eat.”
Brian Quellette
Second-year CE

Moreover, on weekends, Parking and Transportation provides a special grocery shuttle to local stores. The first shuttle departs from the Graduate Living Center at 10:10 a.m. and once every hour from then. The shuttle then enters the dining center and walks across West Peachtree Street.

How to send mail

The post office in the Student Center may seem a bit complex at first, but it is the most valuable place for students to both receive and mail letters and packages.

When a student first arrives at Tech, he is given a mailbox number and a personal mailbox located on the first floor of the Student Center, from which he may receive letters and package notices.

“We put the mail in the students’ boxes. They [the students] should check their boxes every day because we do not notify them for regular letters,” said Tom Lamb, assistant postal supervisor. “However, when packages arrive for students, [they] are notified by an email and a notice in their mailboxes.”

The post office also has three retail stamp windows where students can mail everything from regular letters to money orders. Keep in mind, however, that Buzzcard funds won’t work here, and a purchase will require cash or credit card.

“The stamp windows are open Monday through Friday from 8:30 a.m. to 5:00 p.m. The package windows are open Monday, Wednesday and Friday from 8:30 a.m. to 5:00 p.m. and Tuesday and Thursday from 8:00 a.m. to 6:00 p.m.”
Lamb said.

Other tips

The key to success is balance. Sure, classes are tough at Tech, but it is by no means an excuse to not have an exciting college life. To make sure that students don’t get too stressed out, Tech has many opportunities for students to relax, get involved and have fun.

“I like to get involved in different student organizations,” said Michael Reed, a second-year Mechanical Engineering major. “I play basketball and football, so I go to the [Campus Recreation Center] a lot. Also, the Music Listening Room in the Student Center is a fun place to chill and hang out.”

Not only are there places to hang out on campus, but there are many places in the area where students can go to connect with friends or simply chill by themselves.

“Atlantic Station is where I would go to watch a movie; there are a lot of places to shop, eat and just hang out,” said John Edenfield, a fifth-year Accounting major. “Truett Square is the best place for students to both receive and mail

We print all the news that fits, but we need your help to do it.

Students make the Technique possible each week.

We are always looking for new writers, photographers and artists.

General staff meetings are held every Tuesday at 7 p.m. in room 137 of the Flag building.

All students are welcome! No experience necessary! We will train you!
Beyond the

NEELY ROOM AND GALLERY FOR RARE BOOKS

The Neely Room is a rare book repository that holds over 2,000 volumes on subjects ranging from engineering to science to architecture. Notable materials include the entire collection of Isaac Newton’s first edition publications, the largest seventeenth-century Dutch atlas of the world, and seminal works on the history of probability. The room is adjacent to a gallery space for scholarly exhibits, meetings, and class scholarship. Art and book exhibits that have visited the gallery have touched on subjects as diverse as Frankenstein, Marie Curie, and former Israeli Prime Minister Yitzhak Rabin.

PRESENTATION REHEARSAL STUDIO

Located on the first floor of Library West, this room comes with top-notch media equipment to facilitate student presentation practice. “We saw there weren’t great spaces on campus (for this),” said Critt Stuart, associate director for public services. “So we decided to convert a room into a studio where students can rehearse classroom presentations.”

The practice room provides users with a custom table that seats nine individuals, a 51-inch plasma projection screen, ceiling mounted speakers and even a digital camera. Students can rehearse their presentations undisturbed in this space and even record their practices.

Extremely popular with students, the room averages roughly 1100 reservations a year and has proven to be an excellent resource. Two-hour reservations for the studio, which can be booked online at BuzzPort, are available any time the library is open.

INTRODUCTION

Two steps in and a quick look around are all it takes to realize that Tech’s library is not typical. Brightly lit with sleek, modern lines, it houses everything a student could hope to find, from state-of-the-art technology to cushy study areas to a snazzy café.

“Tech students require great study and academic engagement spaces,” said Rich Meyer, dean and director of libraries. “The library, in turn, aspires to be a superb facility for student learning.”

A series of renovations, conducted in partnership with the Office of Information Technology (OIT) and begun in 2009, have steadily added to the library’s offerings year by year, with the latest round of projects being completed just in time for this fall semester. The new Resource Center on the ground floor of Library West was finished this past April, while the renovated East Commons opened Aug. 14.

With such changes, the library is, in Meyer’s words, becoming an academic mall, with all the resources expected of a world-class institution like Tech in a relaxing, stress-free environment. It is a place where students can research, study, chat and socialize. It is still a library, but it is also much more.

The library is open 24 hours a day Monday through Thursday, midnight to 6 p.m. on Friday, 9 a.m. to 6 p.m. on Saturday and noon to midnight on Sunday.

UNDERGRADUATE ACADEMIC ADVISING

A new initiative, this undergraduate advisement service has been created for students who are undecided about their majors or want to explore a range of study program options.

“Up until now, advising has been conducted within each academic department, but this gives students a more generic advising experience that lets them look across many different disciplines,” Stuart said.

Advisors are available this fall Sunday through Thursday during the evenings.

1-TO-1 TUTORING

Students struggling through classes can now find help from the Success Program’s 1-1 Tutoring in this library suite. The program offers just-in-time, individualized tutor assistance for most subjects, with an emphasis on introductory classes.

“My tutors were extremely helpful,” said Jesse Housley, a second-year Biology major. “They were very smart and could explain things at a more basic level and help you understand what you needed to know.”

The program’s evening hours of service have been newly extended to 9 p.m. Monday through Thursday. During the day, from 9 a.m. to 5 p.m., the program will operate in the Industrial Engineering Annex building as usual.
The ordinary: A guide to the library

BY JENNY ZHANG

COMPUTER WORKSTATIONS
Where else but at Tech could you find advanced, cutting-edge technologies right at your fingertips?
The West Commons boasts a total of 105 computer workstations, which are in either the general productivity area or the media center.
The general productivity area’s computers are loaded with 75 software applications, including everything from AutoCAD to MATLAB. Multimedia computers contain 35 applications, with such offerings as Dreamweaver, iMovie, Photoshop and a variety of 3D cartooning and graphic software.
“Students flock here to use the workstations for class assignments, to work on large-scale projects, and to receive individual, expert assistance...in a 24-hour setting,” said Critt Stuart, associate director for public services.

EAST COMMONS
The library’s latest renovation project, the new East Commons has opened to much fanfare and anticipation. A week of presentations and fun is planned around mid-September to celebrate its opening. Institute President Wayne Clough will preside over the Sept. 18 ribbon cutting which students are invited to attend.
Constructed with the theme of “refreshment for the mind and body,” the East Commons offers 30 high-end team workstations, showcases the work of Tech’s best and brightest in a presentation theater, and displays student art on its walls on a rotating basis. The newly renovated space is meant to infuse the library with a vibrancy and coolness that is distinctly Tech-flavored.
“The East Commons is a destination for students and faculty to engage in mutually beneficial enterprise,” Stuart said. “Its elements are meant to stimulate and refresh individuals in the act of being creative and productive...it fosters collaboration and academic success.”

JAZZMAN’S CAFE
Jazzman’s Cafe is only in its second semester of existence, but its popularity continues to grow. The cafe’s menu features coffees, sandwiches, salads, pastries, hot dogs and various other treats, but its cool, upbeat vibe and bold decor are also great draws.
“We came to understand that if students were to spend long hours in the library studying, they had to have great refreshment options,” Stuart said of the cafe.
“The trial opening (this) spring exceeded everyone’s expectations,” Stuart said. “It was closed over the summer due to East Commons renovations. Now, students and faculty have descended on it again.”
Students have responded favorably, “It really like Jazzman’s, ” said Laura Stiltz, second-year Mathematics major. “It’s conveniently located and has a good atmosphere that brightens up the library. You can take a study break there or just meet and talk with people.”
Jazzman’s expanded hours run from 8 a.m. to 11 p.m. Monday through Thursday, 8 a.m. to 3 p.m. on Friday, and 3 p.m. to 11 p.m. on Sunday.

OFFICE OF INFORMATION TECHNOLOGY (OIT)

CUSTOMER SUPPORT
OIT has moved its walk-in customer support services from the Rich building to this space in the new Resource Center on the ground floor of Library West.
Help is offered with computer account activation, password management, setting up wireless network connections, spam filtering and similar support services, including a technology demonstration area where students and employees can try out new Dell and Apple computers and printers, according to a recent press release.
OIT has also extended its hours of customer support to 9 p.m. Monday through Thursday. It will still open at 8 a.m. Monday through Friday and close early at 6 p.m. on Friday.
Voter registration efforts continue in election year

By Katie Redfield
Contributing Writer

The election season is upon us, and people around the country are picking candidates, looking up issues and getting ready to vote. With Election Day set for Nov. 7, a date that is approaching fast, campus organizations are also gearing up to get out the student vote.

“Students should vote. Voting is a way for us to get involved in the issues and understand what they are,” said Tiffany Nettles, a second-year Aerospace Engineering major.

According to CIRCLE, the Center for Information and Research on Civic Learning and Engagement, the 18-24 age group has lower voter turnout than any other age group.

CIRCLE also reported that voter turnout among young people in 2004 surged to its highest level in a decade. However, the organization said it occurred in the 1992 election.

Although this is an election year, it is not a presidential election year, and voter turnout tends to drop in the years between presidential elections, when many community leaders and statewide representatives are on the ballot. In Georgia, the State House and State Senate members are up for re-election, as are the national congressional representatives for each district. In addition, there will be elections for the governor, lieutenant governor and few representatives to advocate their interests.

“Students should vote. Voting is a way for us to get involved in the issues and understand what they are.”

Tiffany Nettles
Second-year AE

CIRCLE also reported that voter numbers increased by 11 percent, a gain in voter turnout that no other age group achieved. While this is good news, young adults still voted less than other demographic groups. 47 percent of eligible 18-24 year olds voted, while 66 percent of citizens over the age of 25 voted.

“Students should vote. Voting is a way for us to get involved in the issues and understand what they are.”

Tiffany Nettles
Second-year AE

According to CIRCLE, the Center for Information and Research on Civic Learning and Engagement, the 18-24 age group has lower voter turnout than any other age group. With such a voting record, many feel that few politicians cater to the wants and needs of this demographic, leaving young adults few options and few representatives to advocate their interests.

Campus organizations hope to increase student voting in the elections this year with voter registration drives in September and October.
contact the budget director. The Mandatory Student Fee Advisory Committee, which provides input to Cough on annual mandatory fee proposals and the budgets they fund, acts as another voice for the student body. Additionally, students can help formulate the Student Activities Fee budget through the Student Government Association (SGA). Still, no matter how much of a say students might have on Tech’s budget and tuition, it is unlikely that the cost of attending college will ever go anywhere but up. However, there is some cause for cheer. The Board of Regents has approved a new program that guarantees a fixed tuition rate for incoming freshmen. And, according to the latest fact sheet on the Institute’s budget, Tech’s level of tuition and fees remains lower than many of its peer institutions.

Safe transit options get students moving

By Manu Raghavan Contributing Writer

Some wise old Techie once remarked that not a day goes by when building construction doesn’t disrupt traffic routes somewhere on campus. The adage is worth bearing in mind when traveling around Tech.

Still, getting around campus is fairly easy and safe. If walking doesn’t suit your fancy, or if the weather doesn’t allow it, take the Stinger. The Stinger is a bus service that runs in a circular path through East Campus, West Campus and Ferst Street. These shuttles connect residential buildings to academic and administrative buildings on and around the central areas on campus. The Stinger Red Route and Blue Route cover the same areas on campus but run in opposite directions, while the Green Route runs to the Georgia Centers for Advanced Telecommunications Technology (GCATT). On weekends, the Stinger expands its route to double as a grocery shuttle that students can use to get to Atlantic Station, a popular shopping center located close to campus.

To get to Tech Square, catching the Tech Trolley might be faster than walking. The Trolley is an old-fashioned trolley-shaped bus that runs east to west through campus from the Midtown MARTA Station to the CRC. With stops at the Burger Bowl, Bioengineering Complex, Chandler Stadium and Tech Square, the Trolley has become a mainstay of campus transit. Initiated in 2003 after the opening of Tech Square, the iconic-looking Trolley has become a reliable alternative to the Stinger in accessing many parts of campus.

While the Stinger and Trolley run until midnight, students often find themselves needing a ride back to their dorms or apartments after studying in the library past midnight. The Stingerette can be of service at these times. Not to be confused with the Stinger, the Stingerette is a smaller, by-request shuttle service. While the Tech Trolley and Stinger are in operation, the Stingerette will not serve areas already under their service. However, after the regular operating hours of the Stinger and Trolley are over, the Stingerette will serve all areas of campus. To call for a ride, a Stingerette dispatcher can be contacted at 404-385-7433 until 2 a.m.

However, walking is often much faster than waiting for the Stinger or Tech Trolley. While the shuttles are, for the most part, regular and convenient means of transportation within campus, they are often overcrowded and slow during peak hours.

“If you don’t see the bus, start walking. Once you start waiting...it’s hard to...start walking...it [is] a vicious cycle.”

Ayan Kishore GT Alum ‘06 CE

NOW HIRING

PART-TIME TUTORS AND MENTORS

Georgia Tech’s Center for Education, Integrating Science Mathematics and Computing (CEISMC) has several part-time positions open for math, science and reading tutors and mentors to work with middle and high school students in the Atlanta Public School System.

Salary for new tutors and mentors is $10/hour (including paid training and travel). No experience is required - just a strong interest in working with students of all levels and backgrounds.

Only current Tech students (graduate or undergraduate) in good standing are eligible to apply, and both work-study and non work-study positions are available.

For more information and an application, please visit our website: http://www.ceismc.gatech.edu/cmp

Deadline for fall semester applications is Wednesday, August 30th!

CEISMC
Roommates work through issues

By Manu Raghavan
Contribution Writer

Part of the draw of living in college dorms is living with a total stranger in cramped quarters while jointly experiencing the many opportunities that college life has to offer. Such an experience can be especially rewarding if one’s roommate happens to become a president or a famous inventor.

Just as likely, however, is the possibility that students end up being assigned to rooms with someone whose interests, habits, and expectations are the exact opposite of their own.

Arwa Tyebkhan, a fourth-time community advisor, said that from her experience in mediating roommate grievances, most issues were resolved after the people involved came to an understanding with each other after discussion.

“I had one set of residents in a quad where they had problems with each other’s waking hours and guests, and one of them complained to me. I told [the students] to try and talk it out...and they managed to come to an understanding that way.”

Arwa Tyebkhan
Community Advisor

I told them to try and talk it out among themselves and they managed to come to an understanding that way,” Tyebkhan said.

How can students ensure that their housing experience happens to be with someone they are compatible with? There are two ways to go about it—room swap and roommate swap, both of which have to be applied for within the first few days of the semester.

Housing has created portals for facilities on its website www.housing.gatech.edu, where students can list themselves and look up other students’ assignments to swap. For instance, if a student prefers to live on West Campus, but his or her assigned roommate on East Campus doesn’t fancy moving, then he or she can apply for a roommate swap before the student even moves in.

If students prefer to live with their assigned roommate and would like to swap with another pair of roommates in another dorm, they can apply for room swap. Housing has initiated a room swap search engine service on its webpage that can help students reach each other easily.

Governor, secretary of state, attorney general, state school superintendent, state agriculture commissioner, state insurance commissioner and state labor commissioner.

In order to improve voter turnout, the student government association (SGA) makes voter registration a goal on campus every year. According to Georgia Braxton, an administrative assistant for the SGA office, student government will hold a voter registration drive on Skiles walkway during the weeks of Sept. 18 and Oct. 2.

Out-of-state students can register in their home states while in town or by going online and looking up registration rules. Many states have specific legislation about the amount of time that must pass between registration and actual ballot casting, so students need to register well in advance of their local elections. After registering, out-of-state students can vote using absentee ballots.

How to register to vote

1. On campus. You can register in the student government office, open 9 a.m. to 5 p.m., or at the voter registration drives scheduled for the weeks of Sept. 18 and Oct. 2 on Skiles walkway.

2. By mail. Mail-in registration forms are widely available. To get a mail-in registration form, go to www.sos.state.ga.us/elections/elections/voter_information.

3. In person. You can go to any registration location and complete an affidavit of registration, which must be answered truthfully. The questions on the affidavit will include your name, residence and date of birth.

Note: To register to vote in local elections in Georgia, you must be a U.S. citizen, a legal resident of Georgia and of the county in which you wish to vote, and at least 18 years old by Election Day, which is Nov. 7. The deadline for voter registration in Georgia is Oct. 10.
Anyone could easily count stress-relieving tips on their fingers and toes, but most people don’t seem to have enough time to relax.

Most students know what they need to do to manage stress; however, especially with highly successful people who get so committed to goals, we forget the basics that we all know,” said Jill Barber, assistant director and clinical director at the Counseling Center.

“You have to take care of your body so your mind is focused and able to concentrate. You need enough sleep, rest, regular exercise and good nutrition; you want to do everything you can to have your body at baseline so you can deal with the stressful situations that come,” Barber said.

“Psychologically, it’s important to evaluate the types of stress you have control of and those that you don’t have control of.”

Physical signs of stress include headaches, neck aches, backaches and digestive problems, while mental symptoms include inability to concentrate and loss of motivation. Social symptoms include getting irritable, arguments more often and losing touch with friends and isolating oneself from other people.

“Sleep.”

“All of the stereotypical stresses that college students have, like school work, finding new friends, keeping up with old friends, loneliness, existential angst—I’ve had it all,” said Xi Lu, a third-year Biomedical Engineering major. “The only persistent one was probably schoolwork and worries about the future. I think that as the year went on, all that stuff about personal relationships and friendships faded as I met more people, made some clubs. So probably my stress management techniques were those like buckling down, meditating, not worrying, talking to friends and family, reading about experiences, learning and sharing.”

“Buckling down” is on the list of time management techniques that assault stress levels, which also include not procrastinating and getting organized. Although it may be the most difficult thing to do, especially when half the blackboard is literally occupied by Greek letters, paying attention in class seems to be the best way to keep up with schoolwork.

Concerning paying attention in class, Barber said students should “take notes and organize what the person is saying in some sort of structure. Read the material before class; then you have a framework to hang those concepts on. Try to sit towards the front of the class and make eye contact with the speaker.”

Of course, the problem of paying attention in class is acutely linked to the problem of staying awake in class—which, combined with the evidence that there are 2,314 members of the Society of Sleep-Deprived Techies group on Facebook, posits the question “is it possible to get a good night’s sleep at Tech?”

Common habits of Tech students include not getting up refreshed in the morning and having abusive relationships with their snooze buttons.

Amit Shah, a third-year Biology major and exception to this rule, said, “I never allowed myself to sleep too late in the morning. If I did have a late night, I came back and took a nap in my dorm. I never pulled an all-nighter at Tech my first semester.”

“It’s better to sleep one long night. Nothing substitutes for a good night’s sleep, but if you take a nap, it’s okay. Also, you say you’re compromised on sleep, try not to compromise on nutrition. Don’t compromise on everything,” Barber said.

There are ways to practice healthy habits which will increase chances of getting a good night’s sleep, like taking a warm bath or meditating before going to bed, not exercising within five hours of sleeping, eating and drinking long before bedtime, and reducing caffeine, nicotine and alcohol consumption.

Physical symptoms of sleep deprivation include headaches and digestive problems. If contemplating pulling an all-nighter, consider going to bed at the point when you sense your efficiency is diminishing. For those that have trouble getting to sleep, Barber recommended students to try to get up and make a list of what it is that they’re running through their mind, and remind themselves that they can deal with it the next day.

The Counseling Center is located in the Student Services Building and offers many free services, including short-term individual and couples counseling, group counseling, workshops and career counseling.

Stress management workshops are offered Thursdays (beginning Aug. 31, 11 a.m.-12 p.m.) in the p.m. The Wellness Center in the Student Health Center and offers individual consultations about stress management, exercise, sexual health and smoking cessation.

By Gopika Suraj Contributing Writer

“The future is now to do the right thing, to do the best thing, to be the best person we can be,” said Xi Lu, a third-year Biomedical Engineering major. “The only persistent one was probably schoolwork and worries about the future. I think that as the year went on, all that stuff about personal relationships and friendships faded as I met more people, made some clubs. So probably my stress management techniques were those like buckling down, meditating, not worrying, talking to friends and family, reading about experiences, learning and sharing.”

“Buckling down” is on the list of time management techniques that assault stress levels, which also include not procrastinating and getting organized. Although it may be the most difficult thing to do, especially when half the blackboard is literally occupied by Greek letters, paying attention in class seems to be the best way to keep up with schoolwork.

Concerning paying attention in class, Barber said students should “take notes and organize what the person is saying in some sort of structure. Read the material before class; then you have a framework to hang those concepts on. Try to sit towards the front of the class and make eye contact with the speaker.”

Of course, the problem of paying attention in class is acutely linked to the problem of staying awake in class—which, combined with the evidence that there are 2,314 members of the Society of Sleep-Deprived Techies group on Facebook, posits the question “is it possible to get a good night’s sleep at Tech?”

Common habits of Tech students include not getting up refreshed in the morning and having abusive relationships with their snooze buttons.

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