

Week 6 Meeting



2/21/19

Team Leader: Tam

Other Team Members: Katayi, Nur, Chufu, YJ

Advisor: Dr. Ajarapu

Safety Moment: Stay Healthy During Finals Week

With only a couple final assignments, papers, and exams between you and summer vacation, the struggle to push through is real.

Trying to balance a sufficient night sleep, studying for finals, and somehow fitting meals into your busy schedule is challenging, but here are some tips on how to keep yourself healthy during "hell week."

1. Healthy Snacks

Bring healthy snacks to your favorite study spot. It is more cost effective and better for you to pack snacks from home.

Things like carrots & hummus or an apple with peanut butter are foods that will help fuel your brain.

2. Don't Neglect Exercise

If you are someone who goes to the gym regularly, don't skip that just to cram for an exam. Exercise will help you focus and give you a boost of energy to continue on your study grind.

3. Drink Water!

This is pretty self explanatory, but staying hydrated is key! Dehydration can lead to fatigue, headaches, leaving you unmotivated and distracted.

4. Take a Break and Eat a Real Meal

Don't opt for fast food or not eating dinner at all just so you can have extra time in the library. Find a friend and go get a real meal, you can both take a much needed break.

5. Make Sure You Get a Good Night Sleep

Make sure that you include a good night sleep in your plans, you need sleep in order for your brain to retain the information you have been studying.



Topics

- COMM RTU
- W01

COMM RTU

W01

What is the panel for RTU? Is is the panel to put the Orion LX?
Is the naming look okay?

