Preparing for the summer

Summer is around the corner, and if you want to make it that much better, then finish your semester here at RPI by taking some advice presented by The Polytechnic. Next week is a week for many that may cause a lot of stress; it’s finals week. Finals are somewhat spread throughout the week, and one major suggestion we have is to get enough sleep. Presuming you have one final a day, and three finals in total, there is more than enough time to study and get at least eight hours of sleep per night. Don’t cram in hours of last minute studying. You’ve worked hard all semester and most finals are cumulative; have confidence in yourself that you can do it. Look through the connections of the material from over the last few months.

Don’t forget about the stress relief programs being held at the Counseling Center! From dusk to dawn, there is something for everyone to help you learn how to dance Bhangra this Friday from noon–1 pm, the assorted stress relief programs held within residence halls, and many more! Additionally, there will be 24/7 quiet hours in the residence halls; however, that may not suit you well for your studies to take place. The library will be open 24–7–24, and the Heffner Alumni House is hosting study days this weekend. Check out all your options for places to study, and you’re bound to find one that works for you! Enough with finals, you’ll do well! Take a step back one day, hopefully after acing your finals, and reminisce about the experiences you’ve had during this past year and what changes you want to do to make it better for next year. You may come up with incredible ideas. Write them down, or make a note on your phone to keep track of them.

Have a great summer!
GM on future direction of Senate
Marcus Flowers
Grand Marshal
SENIOR SALUTATION STUDENTS,

Don’t give up on your classes yet, you’re almost through the semester! I hope the study tools I mentioned last week were helpful to you.

This Tuesday marked the last meeting of the Senate for the season! We talked about the Assembly to determine what was talked about last week. We had the opportunity to hear about a student’s presentation on the nuclear reactor that RPI owns in Schenectady. We supported it as a potential degree major for the town, we advocated that it should be replaced with another learning resource. Next, we had a discussion on how to approach the matter of Sodeos’s contract, and determined that the best course of action is to work with the Georgetown Daily, and develop a report by the appropriate fiscal year deadline. The last petition discussed was from the 148th Grand Marshal about expanding the use of the Experimental Media and Performance Arts Center, and now there are two talented senators working on that project.

This week we will be discussing a petition to install water bottle filling stations around campus, the idea of bringing beer back to GM Week, and the possibility of bringing bigger concerts to Rensselaer. After our presentations, the remaining leadership positions will be appointed. We’ll also be confirming the appointments of the next Executive Board, so be sure to follow us and find out who will be representing your Union clubs!

Best,
Mr. Top Hat

ALUM 101
Alumna offers sage advice derived from addages
Patricia M. DeLauri
Class of 1985

HAVE YOU EVER WONDERED WHY THOSE “WHEN OLD SAIGNS” ARE words to live by? They get passed down from one generation to the next, and the truth is that the experience of living teachers you how relevant those proverbs are to your life.

“Be true to your passion and you’ll never ‘work’ a day in your life.” When you are doing something you love, you must have noticed how quickly time passes. That’s because you are truly engaged and not passing time. What are your passions? If you plan your endeavors so that they fulfill that passion, you will find yourself looking forward to starting your day. If you research those alumni who preceded you, some of the most prominent have pursued careers that fed their imaginations. The dream doesn’t need to be heroic; it just needs to be vivid enough to keep you engaged and not passing time. What types of positions will give you the appropriate experiences that will enable you to fulfill your goals? How long should you have those positions? The plan doesn’t need to be rigid, but your plan should be structured. Write it down, that act alone makes it a plan and allows you to benchmark it periodically throughout your life.

You will change throughout your life. Your life experiences may alter your goals, and these may take you in a different direction. Be open to revising your plan so you can redirect your efforts. Consider that as you evolve, you will find different people and different interests will play a role in your life. You may have to restructure your plan to accommodate changes in your circumstances.

“My plan is bad that cannot be changed.” This classic Italian proverb speaks toward being specific yet flexible. You know the importance of a plan. In your quest to come to Rensselaer, you may have been taught and extra-curricular activities that would make you a supertalented candidate. It may not have felt like a plan while you were in the middle of it, but it was. Now that you’re here, you have been executing a plan for graduation; you have been developing and refining plans. If you have taken Differential Equations or Structures-2 you should consider that as you evolve, you may have to to adapt to changes in circumstances. For the sake of life, your plan should be more flexible.

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For example, when faced with a difficult situation, people are often hard on themselves. They often blame themselves for the situation. This can make them feel more overwhelmed and stressed. It is important to remember that life is full of ups and downs, and it is okay to seek help when needed.

People need a source of support and guidance to help them through difficult times. This support can come from family, friends, or a professional counselor. It is important to find a support system that works for you and to seek help when needed.

Proverbs and saying are interesting to ponder. Some are more relevant to one generation than the next. My philosophy is that the experience of living teaches us how relevant those proverbs are to your life. They get passed down from one generation to the next.

What sort of programs would you like to see in EMPAC? What would make it more engaging for students?

They are:

Players, UPAC Lights, the RPI Pep Band, and the RPI Curling Club, and has been on the Executive Board since 2013.

In the class of 2016, Delta 18 is an environmental engineering student. She is a sister in the Alpha Omega Epsilon sorority and has been on the Executive Board since 2013. She has met all with the resources they could possibly need in her time on the board, and aspires to pursue her vocation as a health care provider.

As you can see, the importance of a plan is critical to success. If you plan your endeavors so that they fulfill that passion, you will find yourself looking forward to starting your day. If you research those alumni who preceded you, some of the most prominent have pursued careers that fed their imaginations. The dream doesn’t need to be heroic; it just needs to be vivid enough to keep you engaged and not passing time. What are your passions?

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