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SELF CARE

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SPRING CLEANING FOR DORMS BY MADDIE OSGOOD

Spring cleaning is a great excuse for a fresh start. As February comes to an end, tidying up will help jumpstart you into the spring season. While living in a small space in college, cleaning is crucial. Luckily, living in a dorm means less space to clean. Here are some tips to get your dorm room looking its best.



Spring cleaning is a great way to help jumpstart the spring season. atheraputiceffect.com

Make Your Bed

The bed is the biggest piece of furniture in a dorm room. When the bed is messy, it makes the entire room look messy as well. Starting off by making your bed will set the tone for cleaning the rest of the room. While you're at it, wash your sheets, comforter and pillow cases to freshen up.

Wipe Down Surfaces

Use disinfectant wipes to wipe down commonly-used surfaces in your dorm. As the flu season comes to an end, it's important to disinfect. Scented wipes can help freshen your room. Also, wiping up dust will remove allergens from the room.

Organize Paperwork

College students accumulate worksheets, textbooks and notebooks throughout the semester. Those things can linger in the dorm room. Go through all of your miscellaneous paperwork and either file it away or throw it out. This can help not only make you a more organized student, but eliminate clutter from your room.

Do Your Laundry

While taking time to clean your dorm, include laundry in the chore list. Finding time to do laundry can be difficult, so include it in your spring cleaning. Find a way to store laundry in your room that eliminates clutter. Dirty laundry is an eye sore — placing your hamper in the closet or under the bed is an easy solution to hide laundry.

Clean the Floors

After walking throughout campus, tracking unwanted dirt or mud back into your dorm is common. Take time to deep clean the floors, whether it's vacuuming or scrubbing.



A well-decorated, clean room will make dorm living more enjoyable. marketwatch.com

CELEBRATE YOURSELF THIS VALENTINE'S DAY BY MOLLY WELBY

Valentine's Day isn't just a day to celebrate your significant other — it can be a day to show people you love just how much you appreciate them. It's a day to celebrate the various relationships in your life that have made you who you are and even celebrate yourself.

Gifts shouldn't be exclusive to birthdays and Christmas, so get out there and do a Valentine exchange with your friends. You can send candy, letters or maybe even take them out to dinner. There's no reason you shouldn't take advantage of the deals local businesses run during this time of year, so give in to Groupon and find discounts on couple's massages or dinners for two and have a friend tag along. Put on that dress you haven't had a chance to wear or that suit that hasn't been taken out of the closet since your cousin's wedding. If you're feeling especially adventurous, get up on that stage and karaoke 'till your lungs give out. If you'd rather avoid the couples' monopoly over your neighborhood restaurant, then invite them to come over and watch stand-up on Netflix or delve into the holiday with a rom-com (Nicholas Sparks, of course).



Going axe-throwing with friends is a great way to resolve sour feelings or just get off your couch. <https://www.sfchronicle.com/entertainment/article/Finally-a-place-to-be-a-total-Bad-Axe-11281398.php>



Even if you can't sing like Alicia Keys, karaoke is a bonding experience and a way to laugh at yourself and let loose.

<https://www.bigboxkaraoke.com>

Just got out of a relationship or just feeling the pressure of the red hearts that seem to invade even your dreams? Take an exercise class or go axe-throwing to release some of that negative energy. Reminisce on how far you've come since you got out of that bad relationship, or even a bad friendship, and treat yourself to a new hairstyle or facial. If none of this has appealed to you thus far, maybe it's best to wait out February 14 on your couch with a pint of Ben and Jerry's. Taste test each flavor of chocolate in one of those cheesy heart-shaped boxes and indulge on a bouquet of flowers that only you can admire. Disconnect from the world for a few hours by staying off social media and relish in how wonderful spending time with yourself can be.

STUDY YOUR HEART OUT AT ONE OF THESE LOCATIONS ON CAMPUS BY ELIZABETH SCINTA

Spring semester is rolling along, which means classes are starting to pick up. With chilly winter days and long nights of homework, it's important to find a good study spot on campus that makes you want to be productive while also keeping you comfortable. Here are three of my favorite study spots on campus that you should utilize too.

Michele Smith Performing Arts Library



The study carrels on the first floor of the Michele Smith Performing Arts Library. https://stamp.umd.edu/Graduate_Student_Life/Graduate_Handbook/academics/libraries_study_spaces

Not many people know about the library inside of the Clarice Smith Performing Arts Center, and that's why it's so great. It's a quaint library with lots of study carrels and tables available. It's a lot cozier than McKeldin and not quite as busy, making it easier to focus and get work done. They have one group study room on the second floor, which is great for group projects or just studying with a friend. Unfortunately, the Michele Smith Performing Arts Library closes at 11 p.m. on most nights — but since it closes earlier, there's more motivation to get your work done early!

Edward St. John



Some study spots in the Edward St. John Building on the right. On the left are huddle rooms, which are perfect for group study sessions. <https://asg-architects.com/portfolio/umcp-esj/>

The Edward St. John Building, or ESJ, as students call it, is a great place to study. There are so many different places in the building for you to work that it's almost impossible not to find an empty seat. There's tables, comfy chairs, high-top tables and huddle rooms, to name a few. With the colorful aesthetic and slick interior, it's hard not to be motivated to get your work done. There's a cafe in the main lobby as well which allows for one, or two, study breaks to re-energize with coffee or a snack.

McKeldin Mall



Take advantage of the nice weather and do your homework on the mall. Get a suntan and your homework done at the same time. <https://www.flickr.com/photos/mambodan/5659599916/in/photostream/>

We are so lucky to have McKeldin Mall as a part of our campus, and I don't think enough students take advantage of it. On beautiful sunny days, the mall is the perfect place to do homework or study with friends. Bring a blanket and sit on the lawn, grab a bench on the edge of the fountain or sit on the side of the fountain itself. Being cooped up in a classroom all day isn't good for anyone, so make sure to take advantage of the nice weather and be productive on the mall!

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Alpha Lambda Delta
Alpha Lambda Delta, formally known as Alpha Lambda Delta & Phi Eta Sigma, is a national honor society that recognizes academic excellence during a student's first year in college.



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