Case of Insomnia

Quiz break, easing the crunch

By Peter Becknary

The time for a study break comes up with good ideas in the area of easing academic stress. When dormitories are packed with students preparing for finals, there is an urgent need to provide a place where students can work without being disturbed by outside noises.

The University has already begun to work on this problem. As part of a program to improve the living conditions of students, the University has allocated funds for the purchase of study rooms. This funding will be used to create study areas with windows that can be opened and closed according to the needs of the students. The University is also considering the installation of soundproofing materials in the study areas to reduce outside noise levels.

In addition, the University has implemented a policy of quiet hours on weekends, from 10 p.m. to 8 a.m. during finals week. This policy is intended to reduce the amount of noise generated by students studying late at night.

The University is also considering the possibility of providing study areas with computer equipment and Internet access. This would allow students to work on group projects and complete assignments in a collaborative environment.

The University is committed to providing students with the resources they need to succeed. We hope that these efforts will help students to manage their time effectively and reduce the stress of finals.