



423-439-5641 [www.etsu.edu/acts](http://www.etsu.edu/acts)



## Work Out Break

If you haven't already visited the Basler Center for Physical Activity, take a look at the wellness schedule for the spring semester at: <http://www.etsu.edu/students/intramur/aerobics.htm>.

Students with children can use Casual Care - ETSU Campus Recreation's "equivalent to Disney World." The program serves as a part time child care facility prepared to supervise and entertain the younger members of your family while you take some time for your health.

## STUDYING - A Student Perspective

### Places to Study at ETSU

Students like to have a certain noise level, atmosphere, and setting in order to study. When everything is compatible, we are able to spend quality time on our schoolwork. A dorm room or automobile does not always provide a good study environment because there are too many distractions.

You understand the need for a good study environment, but as a new student on campus, you may not know all the best locations. The staff in University Tutoring Services has put together a list of places around campus that will meet your academic need for quality study time. If you think you may need a tutor, their website has the scoop on tutoring: <http://www.etsu.edu/scs/uts/>.

## Locations

### Places with Few Distractions

**Sherrod Library** provides quiet, secluded study spaces on most floors, including tables and chairs, couches, and carrels with laptop hookup. The library even offers an after-hours section for the late-night crammers who need a place to study. Laptops are also available for checkout.

The **computer lab** in the Culp Center is a great place to type a paper or do online research. The noise is moderate, but if your computer should have problems, there is always a knowledgeable student there to help you.

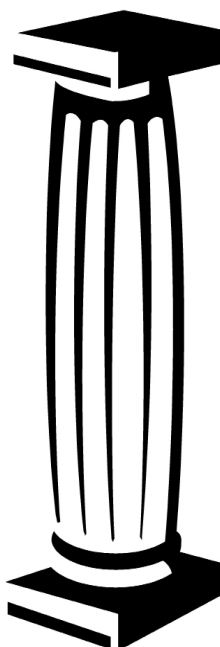
### Social Places

The Cave provides a good study space for people who like to have a little bit of background noise. The tables and chairs are very comfortable and you can always find an empty space.

**Java City**, located in **The Cave**, is a great place to get a cup of coffee and study, with comfortable booths and moderate noise. Java City also has a handful of computers for public use.

**The Atrium** on the second floor of the Culp Center can be a good place to study and grab a bite to eat. A great place for those seeking background noise.

## Area Information



**Sherrod Library**  
M - Th : 8am - 11pm  
F : 8am - 6pm  
Sat : 10am - 6pm  
Sun : 2pm - 11pm

**Computer Lab**  
M - Th : 8am - 2am  
F : 8am - 12am  
Sat : 12pm - 12am  
Sun : 12pm - 2am

**The Cave/Java City**  
M - Th : 7am - 10pm  
F : 7am - 3:30pm

**The Atrium**  
M - TH : 8am - 5pm  
F : 8am - 3:30pm

