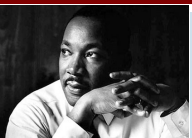
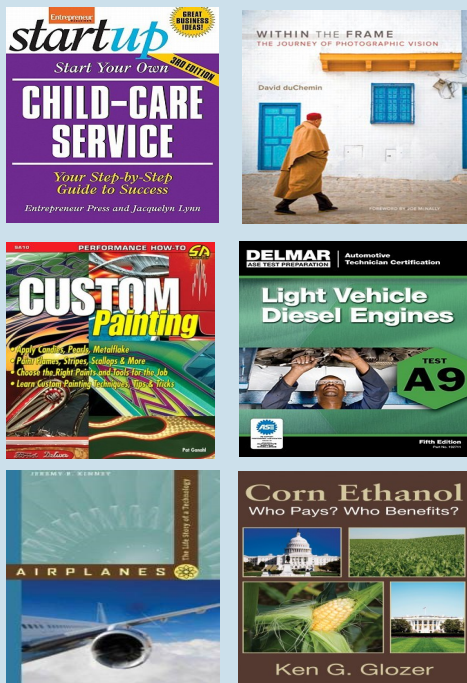


Library and Educational Services News

New Books



"The time is always right to do what is right." -MLK



Monday-
Thursday

7:30-9

Friday

7:30-4

We're moving!



Our move to the former student center is tentatively slated for August 2012.

We want to hear from you!

What would you like to see in a new library?

Stop by and let us know.

We'd love  your input!

www.lakeareatech.edu/librarweb

Student study room available!



Reduce test anxiety!



Follow these five steps to relax...

1. Take a **deep breath** and **exhale slowly**.
2. Starting at the top of your head, **flex and then relax** each body part.
3. **Visualize warm sunshine** washing over you, melting away any tension.
4. Let your **arms dangle** as tension from your neck and shoulders flows down your arms and hands.
5. **Think of a comforting place** where you feel relaxed and stress free. Visualize being in that place.

Tip from
Ed. Services