Trying to Choose Between Sleeping and Studying?

Studying is important, especially when you’ve been procrastinating on those French conjugations or memorizing the three meningeal layers of the optic nerve. But before you sacrifice those ZZZs in a late-night cram session until 2am at the library, consider these facts on the benefits of sleep:

~Sleep is essential to maintaining a normal level of cognitive skills such as speech, memory, innovative and flexible thinking.
~17 hours of sustained wakefulness is equivalent to 0.05% blood alcohol level, equal to approximately two glasses of wine!
~Some experts say that during sleep your brain practices what you’ve learned while awake, meaning that you’ll retain information more successfully after a good night’s sleep!

Workshops in the Library

Not sure what an MLA citation is? Can’t figure out that software on your laptop? Have trouble formatting your paper in Word? Worry no more! Join our free workshops this month in the Library:

Tuesday, March 6th: Basic Graphing in Excel
Thursday, March 8th: EndNote Web Basics
Wednesday, March 14th: Exploring Wikipedia
Thursday, March 22nd: Citing Sources Properly
Monday, March 26th: Google Secrets
Tuesday, March 27th: Importing Excel Charts into MS Office
Wednesday, March 28th: Searching for Images

For full details, including time and location, visit our website at http://www.lib.montana.edu/instruction/workshops.php

HAPPY ST. PATRICK’S DAY! DO YOU KNOW....

1. In what country the first St. Patrick’s Day parade was held?
   A. Ireland   B. United States   C. England   D. Germany

2. Which U.S. city dyes its river green in celebration?
   A. Chicago   B. Seattle   C. Miami   D. Boston

3. Which Montana city is nicknamed the “Ireland of the West”?
   A. Bozeman   B. Billings   C. Glasgow   D. Butte