

SAFE & SOUND

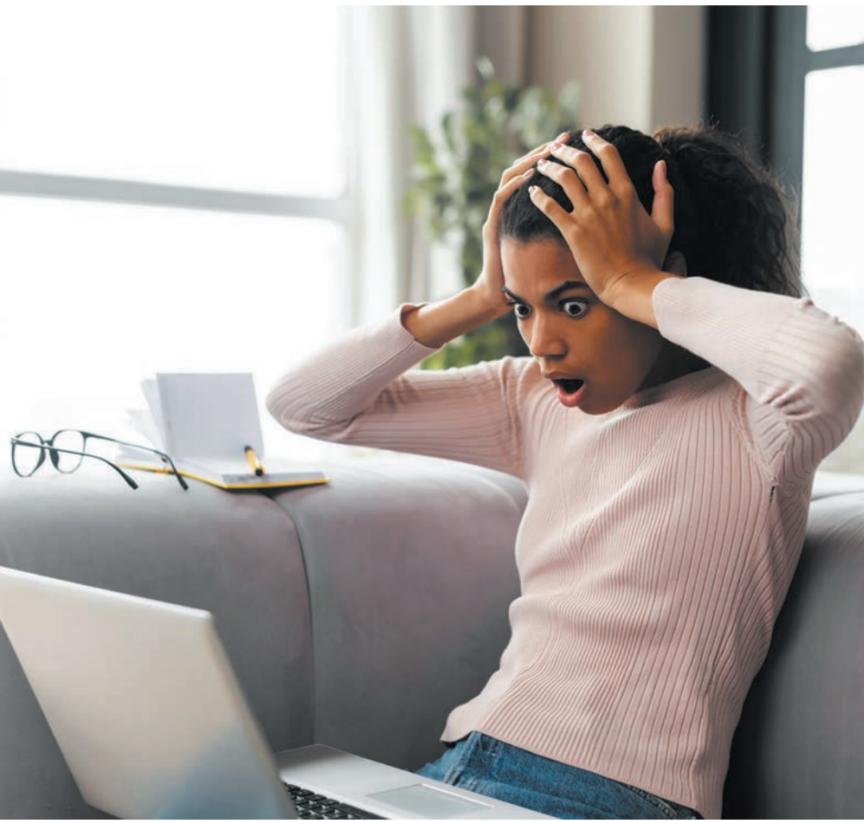
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Avoid anxiety and create a content backup plan

BY WINTEK

Say these six sweet words out loud: The semester will soon be over. That felt good, right? At this time, it's easy to fret about what you haven't done. At Wintek, we hope you can pause to reflect on the great things you have done so far. (Spoiler alert: It's more than you remember.)

Oh, and back up your files. Please. Especially with finals on the way. You've got enough going on without that sinking feeling of losing thousands of photos and songs ... or the paper you stayed up all night to write. Drives fail. Devices fall. Accidents happen. Avoid anxiety and create a plan to back up your files.

Yes, it's one more thing. At the same time, it's not. It's everything you've saved, from schoolwork to silly stuff. Once you set a routine, it's pretty easy. You could even automate it for while you're sleeping!

How often should you back up files? Ideally,

every day. Barring that, weekly is your best bet.

Create an inventory to ensure you have all the files you need. Your computer likely has a built-in backup process to help you out, like saving to OneDrive for Windows users or using Time Machine on Macs.

Saving manually to a portable / external hard drive? Keep it separated from the device you're backing up. If something bad happens in the room with your device, that could take down your backup, too.

Cloud storage is generally the best bet for backups — available wherever and whenever you need it, and located offsite to avoid catastrophe. There are many simple, low-cost solutions like Google Drive, OneDrive, iCloud or Dropbox. And when you've got blazing-fast internet speed from Wintek, you won't have to worry about transfer speeds.

So, get out there to finish the semester strong ... and with all of your files intact!

A refresher for winter weather driving

BY JILLIAN ELLISON
For Exponent Advertising
Department

As Indiana sees its first few snowfalls of the season, drivers usually need a few good snows before they're comfortable driving in slick conditions again.

Purdue University Police Department (PUPD) Captain Song Kang listed three things to remember before and when the snow starts flying and the ice sets in.

"Every time we talk about this, the three key components to driving in the snow are to, first, slow down," Kang said. "The second is to be alert and know what the cars in front of you are doing. The third thing is: do not panic."

Kang said it is common for drivers to panic as they venture out on the road, but doing so causes risky results, like slamming on the breaks. This can lead to cars sliding,

locking up, spinning, or potentially causing accidents.

PUPD officer Geoff Carlson said while you wait for those heavier snowfalls to arrive, now is the best time to begin prepping your car with essential items a driver could need should they find themselves stranded on the road.

All drivers should have a blanket, coat, hat, gloves, a good flashlight, a phone charger, and some non-perishable food items in their car during the winter months, PUPD officers said.

"It's routine maintenance, but taking the car in to make sure it's winterized is important," Kang said. "Check the pressure on your spare tire along with your other four tires, but for winter specifically, make sure you have a small shovel along with a bag of salt or kitty litter in the car. Those last two things can function as both added weight in the trunk of your car for better traction, and

can be used if you get stuck and need to put it under your tires for increased traction."

Kang said automatic traction control is common in most of today's vehicles, but rear wheel driving vehicles can benefit from a little extra weight in the trunk.

In the event that a driver does find themselves stranded, so long as you have some phone battery to call or are within distance to an emergency help box, help will be on the way in minutes, Kang said.

Carlson said snow tires aren't a bad idea for rear wheel driving vehicle owners, as they are made of a softer tread compound, allowing them to move and stick to the road better than the hard rubber tires that are typically purchased for vehicles year-round.

Knowing your own driving ability and limitations and understanding your vehicle's driving capacity during the winter are important for

drivers as well, Kang said.

"We see big SUVs or four-wheel drive vehicles stuck off the roadway just because they're messing around, getting over-confident on their driving abilities and going too fast," he said. "Unless you have to, you don't really need to go outside. Restrict your travel to necessity only."

Kang said be sure to check the weather daily, and dress appropriately for it. Plan to have materials to scrape your car as well.

"We see plenty of people get stranded in shorts and socks when they're driving," he said. "Make sure you're taking the time to warm your car. Spend a few minutes cleaning and brushing the snow. We educate drivers all the time just for their own safety because they cannot see effectively out the windows. Be sure to brush off the snow on your rear window, brake lights and license plate as well."



EXPONENT FILE PHOTO

For information on having your car winterized, call Beck's Auto Center, or visit them online at BECKSAUTOCENTER.COM.

How to cope with the 'holiday blues'

BY JILLIAN ELLISON
For Exponent Advertising
Department

As the year dwindles to its final weeks, exams and final project stress can build for students and faculty while it feels like the rest of the world is experiencing a happy holiday season. Students can still find ways to experience the joys of the season while finishing the semester strong.

Christopher Hanes, senior director of Purdue Counseling and Psychological Services (CAPS), said taking a moment to check in with yourself, identifying all of your timelines and responsibilities, and considering what helps and what doesn't when you're stressed are all steps to forming clear communication. Doing so will help you understand how you and others can aide in supporting your situation. "It can be challenging to

express needs but we often find that being specific helps in these situations," Hanes said. "I need this... It helps when you...," This level of communication helps people feel better understood and supported by others."

As hard as it can be at times, Hanes said it's important to give yourself permission to enjoy what is going on around you.

"I would also recommend taking time for self-care while entering this time of year," he said. "Taking some time to fill your bucket can be pivotal when approaching stressful times. Give yourself permission to feel a certain way or to need certain supports."

Even after the fall semester ends, it can be difficult to enjoy the winter break knowing another semester is just around the corner. Hanes said practicing mindfulness exercises to help you live in

the moment is a great way to combat these longer term "Sunday Scaries."

"Give yourself permission after a tough semester and engage in fun and meaningful activities. Journaling is another way that we can actively connect with our experience by spending additional time sitting with your day," Hanes said. "There are a number of mindfulness exercises available through our WellTrack app."

While the holiday season can be filled with happy memories for many, Hanes said for some it can pale in comparison. Self-care and self-compassion are two of the biggest ways anyone who struggles during the holidays can help themselves overcome hard emotions.

"We work with students on establishing a plan for dealing/navigating difficult days or holidays. One helpful strategy is to plan ahead and



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identify a plan for self-care on those days," Hanes said. "This helps someone to proactively take care of their needs by acknowledging them and establish some predictability on challenging days." violence; know who to contact to get help.

In most cases, though, cohabitating with your college roommates can be fun, not to mention financially beneficial to you all. Keeping a healthy relationship with your roommates involves many of the same practices you adopt in a family.

Find information on the WellTrack app and other helpful resources at www.purdue.edu/caps. For mental health crisis situations, call CAPS at 765-494-6995 Monday-Friday, 8 a.m. – 5 p.m. After hours, press 1. A therapist will conduct a crisis assessment and disposition. For life threatening crisis, call 911 and ask to speak to a Purdue Police CIT officer.