

News for the Stalled



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New Year, New You!

This is the time of year when people are usually inspired to make changes in their lives. If you're ready to make a few changes, here are some electronic books that the Vise Library owns that can help you.

If you want to...

...get in shape/lose weight:

Try *Complete idiot's guide to fitness* and

Fed Up!: The breakthrough ten-step, no-diet fitness plan

...manage debt/save money:

Try *The debt-free graduate: how to survive college without going broke* and *Complete idiot's guide to beating debt*

...make better grades:

Try *How to study: and other skills for success in college* and *The*

secrets of getting better grades: work smarter, nor harder

...quit procrastinating:

Try *The procrastinator's guide to success* and *The Time Trap*

For more information about how to access electronic books, speak to a librarian or visit the "Using eBooks" tutorial under "How Do I" at Cumberland.edu/library.

According to USA.gov, some of the most popular New Year's Resolutions are:

- Get fit/Lose weight
- Manage debt
- Quit smoking
- Save money
- Volunteer to help others

Watch for fliers around campus and in the library announcing this semester's Third Thursday Research Workshops schedule. Also, check out our website: Cumberland.edu/library for info about upcoming iRead events!

January Library Hours

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|-------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|--------------------------------------|-------------------------|
| | | | | | | ¹ Closed |
| ² Closed | ³ 8 AM– 4:30 PM | ⁴ 8 AM– 4:30 PM | ⁵ 8 AM– 4:30 PM | ⁶ 8 AM– 4:30 PM | ⁷ 8 AM– 4:30 PM | ⁸ Closed |
| ⁹ Closed | ¹⁰ 7:30 AM– 10 PM | ¹¹ 7:30 AM– 10 PM | ¹² 7:30 AM– 10 PM | ¹³ 7:30 AM– 10 PM | ¹⁴ 7:30 AM– 4:30 PM | ¹⁵ Closed |
| ¹⁶ Closed | ¹⁷ 2 PM– 10 PM | ¹⁸ 7:30 AM– 10 PM | ¹⁹ 7:30 AM– 10 PM | ²⁰ 7:30 AM– 10 PM | ²¹ 7:30 AM– 4:30 PM | ²² Closed |
| ²³ 2 PM - 10 PM | ²⁴ 7:30 AM– 10 PM | ²⁵ 7:30 AM– 10 PM | ²⁶ 7:30 AM– 10 PM | ²⁷ 7:30 AM– 10 PM | ²⁸ 7:30 AM– 4:30 PM | ²⁹ Closed |
| ³⁰ 2 PM- 10 PM | ³¹ 7:30 AM– 10 PM | | | | | |