

Free From Frenzy: Reducing Final Exam Stress for First-Year Students

Carrie Girton, Miami University Hamilton



Therapy Dogs

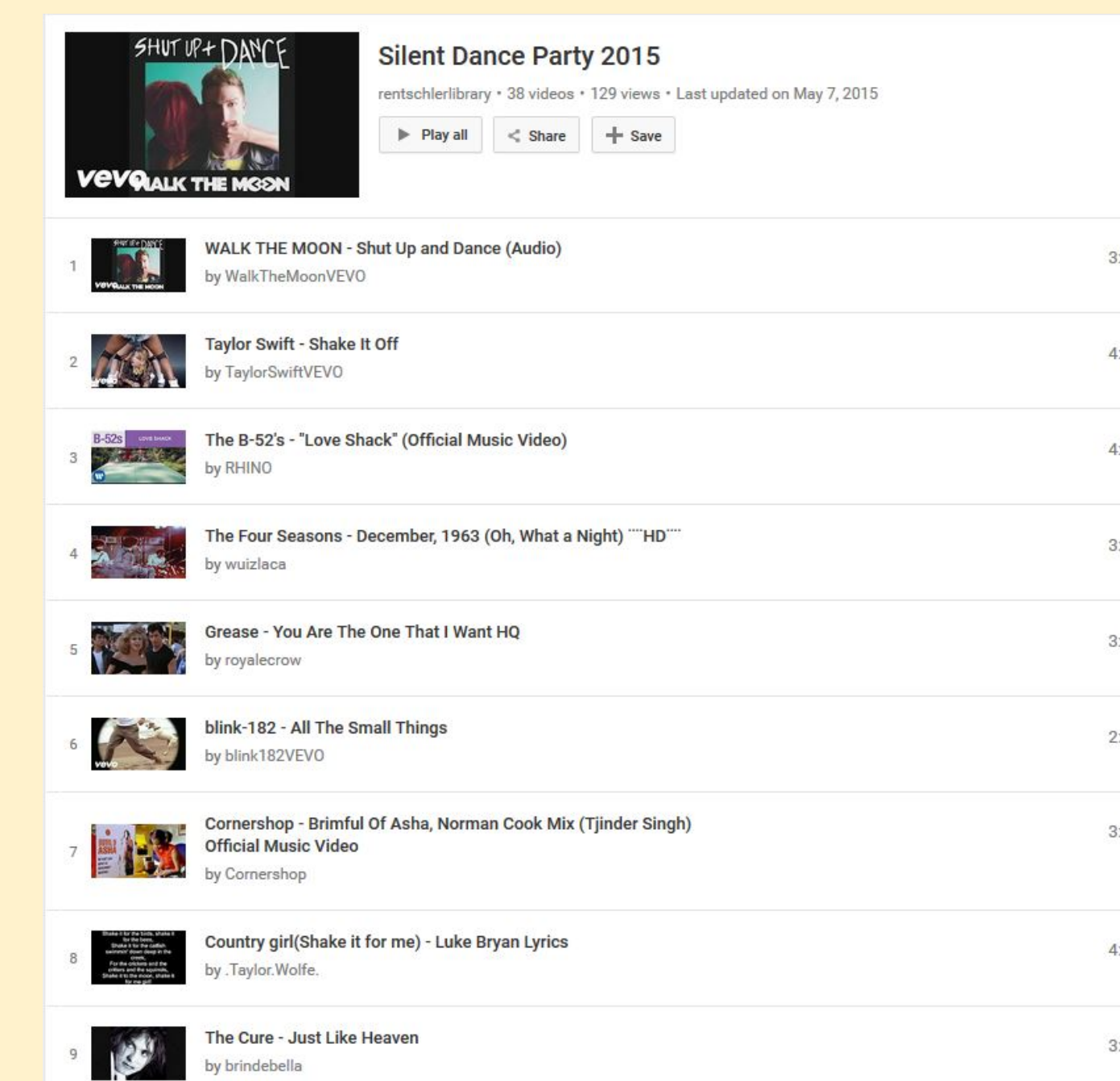
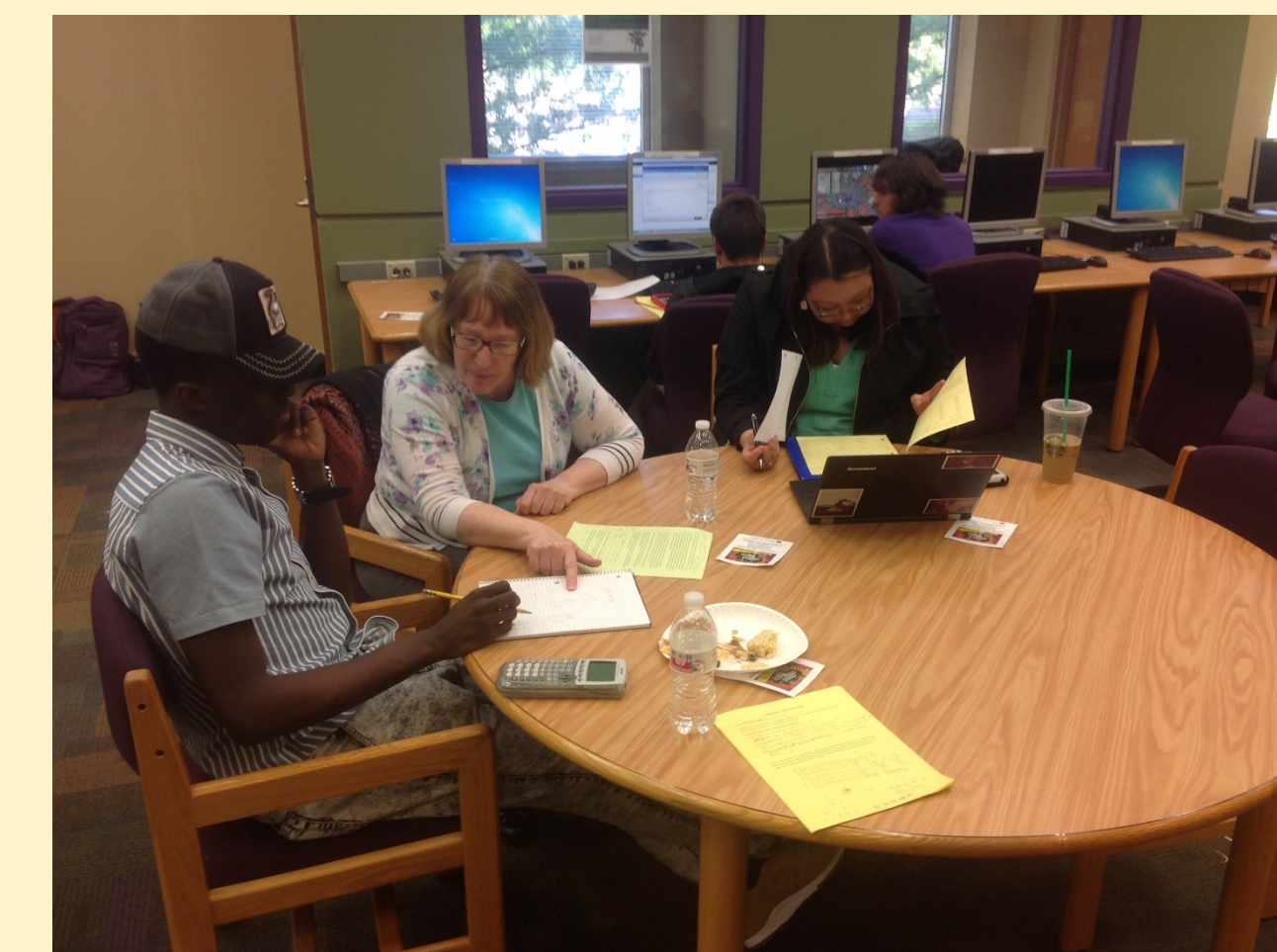
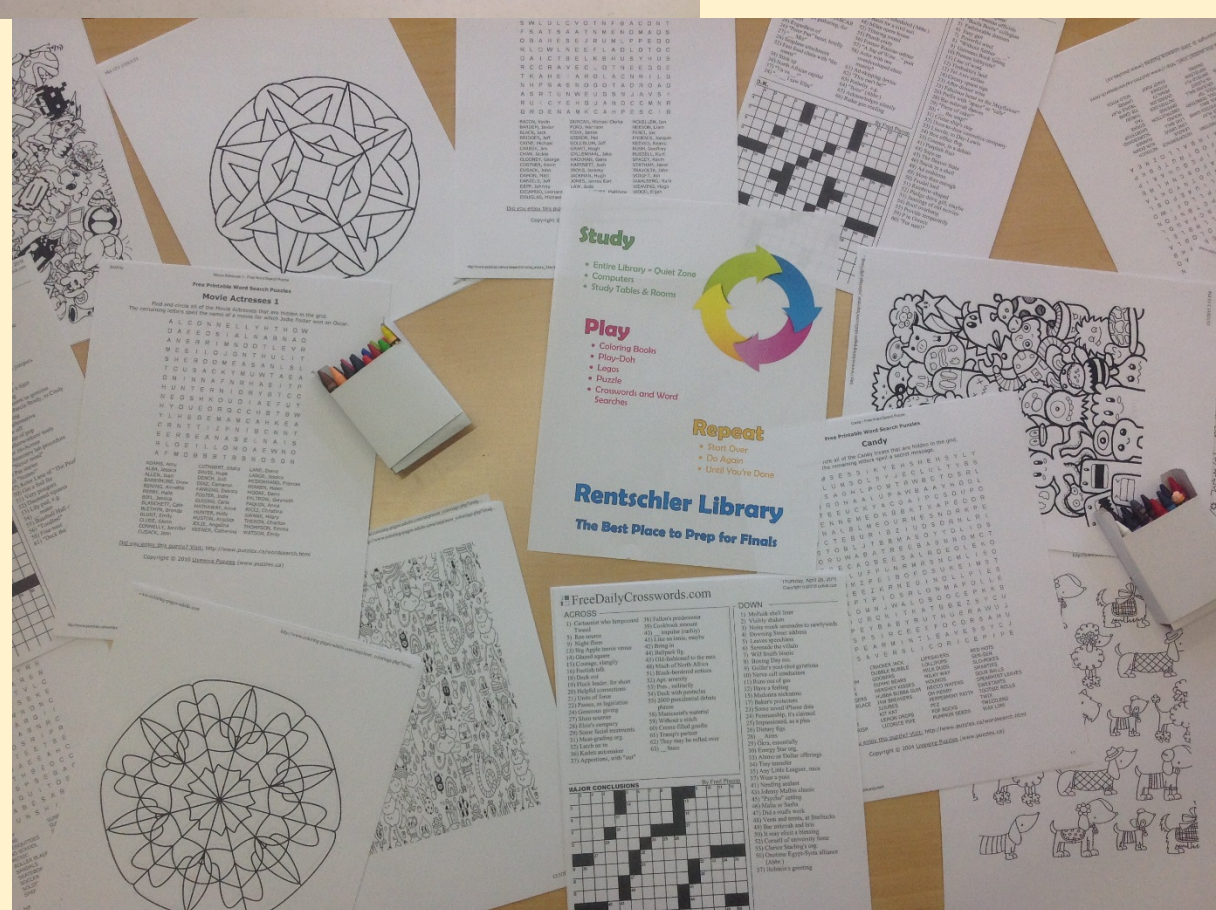


Cram Jam

- Sponsored by the Library, the Office of Learning Assistance, and the Student Government Association
- Thurs. 6-9, Sat. 12-6, Sun. 3-10
(Normal Library Hours are Thurs. until 9, Sat. 10-2, and Sun. 1-5)
- Coffee and snacks (both healthy and sugary)
- Tutors available to work with students

Study, Play, Repeat Activities

- Fun, stress-relieving activities
- Started out as “Fun Zone” in the Computer Lab
- Now randomly dispersed throughout the library
- Puzzle, Legos, Play-Doh, Coloring Books and Pages, Crosswords and Search-A-Words



Silent Dance Party

<http://bit.ly/1NIFjut>