

Stress-Free Finals: De-Stress Events

Sponsored by the Division of Student Affairs

Get ready to de-stress and recharge as finals week approaches! Student Affairs has put together a series of events to help you relax, refuel, and stay focused during this busy time. Check out the events below!

2-13
DECEMBER

Gratitude Walls

Hosted by: Intercultural Affairs
Time: Ongoing (Next Week - Finals Week)
Location: BCC, Intercultural Lounge

5
DECEMBER

Exam Jam Breakfast

Hosted by: Chartwells
Time: 9:00 - 11:00 PM
Location: Dining Hall (Cafe)

9
DECEMBER

De-stress Around Tests

Hosted by: Health Wellness & Wellbeing /
First-Gen Student Success
Time: 10:00 AM - 12:00 PM
Location: Tech Pride Room

9
DECEMBER

De-stress Around Tests

Hosted by: Health Wellness & Wellbeing
Time: 10:00 AM - 12:00 PM
Location: Health Services Office
(JJ Oakley Health Services)

9
DECEMBER

De-stress Around Tests

Hosted by: Health Wellness & Wellbeing
Time: 10:00 AM - 12:00 PM
Location: Fitness Center Lobby

9
DECEMBER

Keep Calm and Donut Stress

Hosted by: Jobe Murphy Hall
Time: 5:00 PM - 7:00 PM
Location: Jobe Murphy Classroom 201

9
DECEMBER

Donuts and Knowledge

Hosted by: New Hall South
Time: 9:30 AM - 11:00 AM
Location: New Hall South

9
DECEMBER

Finals Fuel Coffee

Hosted by: New Hall North
Time: 9:00 AM - 11:00 AM
Location: New Hall North

9
DECEMBER

Fuel for Finals

Hosted by: Maddux McCord (Engineering)
Time: 8:00 AM - 11:00 AM
Location: Maddux McCord Hall

9
DECEMBER

Stress Less, Snack More

Hosted by: Ellington Warf
Time: 7:00 PM
Location: Ellington Warf Hall

9
DECEMBER

Care Packages for Finals

Hosted by: Browning Evins Hall
Time: All Day
Location: Browning Evins Hall

9
DECEMBER

Fuel to Finals

Hosted by: Crawford Hall
Time: 9:00 AM (or 5:00 PM)
Location: Crawford Hall

9
DECEMBER

Tech Village Dessert Night

Hosted by: Tech Village
Time: 7:00 PM
Location: Tech Village Community Center

9
DECEMBER

Relax and Recharge!

Hosted by: Intercultural Affairs
Time: 11:00 AM - 1:00 PM
Location: Black Cultural Center (BCC)

10
DECEMBER

Do-Nut Stress, Do Your Best

Hosted by: Dean of Students Office & Center
for Student Engagement
Time: 8:30 AM - 10:30 AM
Location: University Center Lobby

