

http://www.bgdailynews.com/news/wku-offers-stress-busters-for-finals-week/article_6c5bf981-7191-5d9f-852f-8c210222c3cf.html

WKU offers stress busters for finals week

By AARON MUDD amudd@bgdailynews.com Dec 2, 2017

As Western Kentucky University students cram for upcoming final exams, university employees are offering free breakfast, coffee and time with their dogs to help relieve stress.

Cierra Waller, the student services coordinator for WKU's Potter College of Arts and Letters, said the college will offer students stress-busting activities in the Academic Commons of the Ivan Wilson Fine Arts Center.

"It's just a time for students to come and kind of unwind," she said.

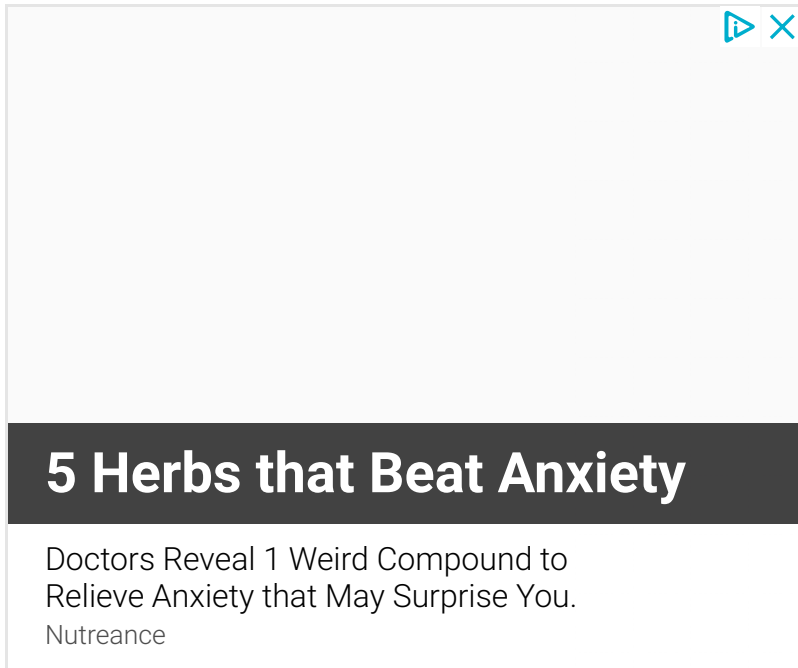
Starting on Monday, the Fresh Food Co. in the Downing Student Union will offer students free breakfast from 7 a.m. to 9:30 a.m.

As for Potter College, it's hosting "Paw Patrol" events Monday through Wednesday in the Academic Commons, according to a flyer. The events include faculty and staff bringing in their dogs to socialize with students.

From 9 to 11:30 a.m. Monday, students can meet Star, an animal-assisted-therapy dog with WKU's Counseling and Testing Center.

From 1:30 to 3:30 p.m. Tuesday, students can meet Potter College Dean Larry Snyder's dog Wrigley.

All-day coloring sessions for adults, which are thought to help relieve stress, will also be offered Monday through Wednesday in the Academic Commons. The college is also offering students free coffee.



Waller said the college has been offering students stress-buster activities for about three years. She said Potter College employees know finals week is an anxious time for students, and she encouraged them to get plenty of sleep, take time to unwind and ask for help if needed.

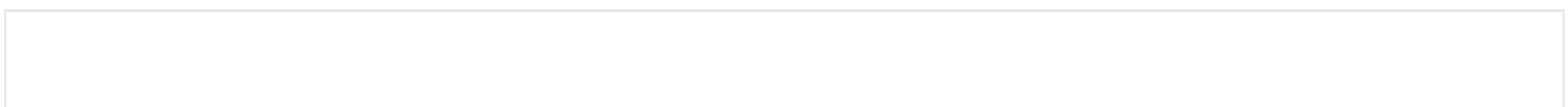
“During finals week, self-care is important,” she said.

Betsy Pierce, the outreach coordinator for the Counseling and Testing Center, agreed and encouraged students “just to pay attention to whatever they normally do” to relieve stress.

However, Pierce said it won’t do much good if students don’t learn to make stress management a part of their daily routine.

“It’s important to not let those things go,” she said.

– Follow education reporter Aaron Mudd on Twitter @BGDN_edbeat or visit bgdailynews.com.



WKU Potter College of Arts & Letters presents
STRESS BUSTER WEEK

Don't let the stress of finals week get you down.
Enjoy stress-busting activities and treats instead.

MONDAY (12/4)

7:00 a.m. - 9:00 a.m. **FREE Breakfast at Fresh Food Company in DUC**
ALL DAY **Free Patis in the Academic Commons in FAC 306**
Learn more about page 2 and 4 here

9:00 a.m. - 11:30 a.m. **Free Patis in the Academic Commons in FAC 306**
Also stop by the Academic Counseling & Testing Center

10:00 a.m. - 10:45 a.m. **Free Patis in the Cherry Hall Lobby** [View page 1 here](#)
ALL DAY **Collecting in the Commons! Academic Commons in FAC 306**
Relieve stress the Pit & way with coloring sheets given!

TUESDAY (12/5)

10:00 a.m. - 11:00 a.m. **Free Patis in the Cherry Hall Lobby** [View page 1 here](#)

1:00 p.m. - 3:30 p.m. **Free Patis in the Academic Commons in FAC 306** [View sheet number 1 page 10 right!](#)
ALL DAY **Collecting in the Commons! Academic Commons in FAC 306**
Relieve stress the Pit & way with coloring sheets given!

WEDNESDAY (12/6) Study Day

ALL DAY **Collecting in the Academic Commons in FAC 306**
Relieve stress the Pit & way with coloring sheets given!
Coloring available ALL WEEK (while supplies last)



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Aaron Mudd

Education reporter. Covers education and related issues, focusing primarily on the Bowling Green and Warren County public school districts and Western Kentucky University.