

Surviving Finals Week

By: Eva Westein

The period between Thanksgiving break and the end of the Fall semester can be one of the busiest and most stressful periods of time in the life of a college student. Not only is the freedom of winter break so close that you can taste it, but the only thing left on your mind is surviving the end of the semester. This year, it's even more of a challenge since we are returning from Thanksgiving break to face only one last week of class and then finals. Thus, it is important to keep your mental health in mind, give yourself a brain break or two and prepare to the best of your ability. Here are some campus events and resources to take advantage of during this time of the semester that is, arguably, the worst.

Campus Events

Entertainment 2 Knight: "Jingle & Jams!"

Dec. 3, 7 p.m.

E2K will be hosting live music from Buffalo Nichols and providing ornaments or mugs to paint and gingerbread houses to build and decorate.

Christmas Dinner at Ruth's Marketplace

Dec. 4, 4:30 p.m.

Take a break from finals week preparation to stop by Ruth's Marketplace and enjoy the annual Christmas dinner. It will feature classic entrees and sides, a festive appetizer spread, decorating your own Christmas cookies, holiday desserts around the tree and more. Meal Plan, Meal Dollars, Custom Cash, and Credit/Debit will be accepted.

Guided Yoga

Dec. 5, 2 p.m.

Unwind with a beginner-friendly yoga session hosted by SNC's Health & Wellness Center, located in the relaxation space on the first floor of the Mulva Family Fitness and Sports Center room 1149.

P.A.W.S. (Pet Away Worry and Stress)

Dec. 5, 3:30 p.m.

Stop by the Todd Wehr Hall lobby to destress with the Alliance of Therapy Dogs. This will be their last time visiting campus for this semester.

Entertainment 2 Knight: Spa Day

Dec. 6, 2 p.m.

As a study break, E2K will be providing a FREE spa day in the Campus Center Lounge which will include calf massages, manicures and even waterbed massages.

Late Night Breakfast

Dec. 9, 9 p.m.

An SNC finals week tradition! Stop by Ruth's Marketplace after hours for a FREE breakfast served to you by your favorite professors and faculty members.

Campus Resources

Office Hours

Feeling extra anxious about a specific exam topic? Need to talk through a final paper or project idea? Don't forget that you can still utilize your professors' and TA's office hours during this last week of class as you prepare for finals week. They're there for you to take advantage of!

Writing Center

For all of your final paper needs, schedule a consultation with the Writing Center on the first floor of the Mulva Library. The Writing Center is open to all students at St. Norbert College. They are open Monday-Thursday, 10 a.m.-11 p.m.; Friday, 10 a.m.-2 p.m. and Sunday, 6-11 p.m., but they will be closed during exam week so be sure to plan ahead.

Mulva Library Sensory Room

On the third floor of the library, you can take a break from studying by finding some zen in the sensory room. This space was designed to support the range of neurodiversity in students, faculty, staff and community members. It is a space to relax and decompress when experiencing

sensory overwhelm, which also makes it a great place to destress, no matter what your sensory needs are.

Massage Services

If you are unable to make it to E2K's free spa day, SNC's Health & Wellness Center offers massage therapy to all students and staff on Tuesdays and Thursdays. Nora Fahey, a licensed massage therapist, offers 15-minute chair massages for \$15, 30-minute massages for \$25 and 1-hour massages for \$55. Payments can be made at the time of the appointment by cash, check, Venmo, Paypal or Cashapp.