



Help Students De-Stress

Spring semester finals will be here before we know it. Alumni, do you remember the stress you felt during finals? Parents and family members, do you remember the stress you saw your students experience during finals in high school? Well, it's only gotten worse! The students we see in the SU Libraries during finals and the last week of the semester generally are very wound up. And while some tension may help people focus, too much is a bad thing. It is hard to do your best when you are too stressed out. So, what can you do to help our students? Give to the SU Libraries' **De-Stress Before the Tests Initiative**!