With final exams around the corner, students will be working immensely hard as they hope to achieve the best grades possible in their courses. This atmosphere can sometimes turn competitive and lead to intense stress, social isolation, loss of sleep and less resistance to sickness.

USC offices from around campus have partnered to provide resources and activities to support students during this tough period. As part of the Be Well USC initiative, the Office for Wellness and Health Promotion, Kortschak Center for Learning and Creativity, USC Transportation, Phi Kappa Phi and USC Libraries are continuing the Study On! Finals initiative this semester to encourage students to take a break from studying to recharge and refresh. This physical and mental break is designed so that when students decide to continue studying, they are able to do it with more focus, energy and knowledge on managing their stress.
Activities and Resources for Spring 2018 Study On! include the following:

- **Study Snacks & Refreshments** (Free!)
- **Study Tips** to aid with organization and anxiety management
- **SLIME-making and other craft activities** to lower stress
- **USC Wellness Dog**: Professor Beau Meet-and-Greet
- And of course... our Pause for Paws **Therapy Dogs**!

**WHEN AND WHERE**

Location: **Leavey Library** at the **Reflection Pool**

Event Dates: **Monday, April 30th through Wednesday, May 2nd, 2018**

Hours: **1:00-4:00 PM**

**ADDITIONAL INFORMATION**

For more resources about health and wellness, students are always welcome to visit the Office for Wellness and Health Promotion and Student Wellness Lounge, located at the USC Engemann Student Health Center in Suite 203, from 8:30AM - 7:00PM (Monday through Thursday); 8:30AM – 5:00PM (Friday). Visit usc.edu/owhp for more information.

**Sponsored by**: The Office for Wellness and Health Promotion, USC Student Affairs, USC Kortschak Center for Learning and Creativity, USC Transportation, Phi Kappa Phi and USC Libraries