

# **SWOSU Libraries Hosting First "DeStress Fest" during Finals Week**

12.09.2014

The Al Harris Library on the Southwestern Oklahoma State University campus is providing various opportunities for students to release stress and take a break while studying for their finals that start December 11 and continue through the 17<sup>th</sup>.

During finals, the newsroom will be transformed into a break room where students can hang out and relax while hitting the books, according to Erin Ridgeway, head of public services at the library.

Toby, a local therapy dog, has been invited to hang out in the library from 3-5 p.m. on Thursday, Dec. 11, and Monday, Dec. 15. Students and faculty are welcome to unwind while they visit and play with Toby.

The library has also created a photo booth, where students can choose from several props and have a few laughs while posing with their friends. Art therapy tables will allow students to exercise their creativity with various arts and crafts projects and an area to display student creations will be provided. Games, puzzles and numerous other brain teasers and activities will also be set up in the break room.

As always, the library will provide refreshments from 8 p.m. to close and will be open until 2 a.m. on December 10, 11, 14 and 15.

SWOSU Libraries thanks the following individuals/groups for their support and/or provision of services or goods: Beth Flowers and Toby, SWOSU Collegiate Activities Board and Cindy Dougherty, SWOSU Student Health and Counseling Services, SWOSU Theater Department and Debra Holmes, United, Walgreens and Wal-Mart.