

# Therapy Dogs and DIY Stress Balls at Keep Calm and Ace Your Finals

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By John Miller

SUNY Broome students de-stressed with therapy dogs, puzzles, arts and crafts, and refreshments while learning valuable study and test skills in preparation for upcoming finals.

The stress management event was held in the Baldwin Gym on April 30. Inside, event coordinators had set up tables for puzzles, coloring, healthy refreshments, popping bubble wrap, blowing balloons, making your own stress balls and, of course, a table informing students about academic tips and tricks. Toward the back of the gym, there was a photo booth complete with hilarious props. Near the photo booth were the therapy dogs. Hands down, the dogs were the most popular attraction of the event, drawing more people than even the free food.

According to Taumi Miller, a learning specialist with TRiO Student Support Services and a coordinator of the event, the purpose was to “teach students stress tips, test tips and study tips” all while having a good time.

Event coordinator and Tutoring Program Coordinator Loreta Paniccia said that they designed the event to calm students and prepare them for finals. “[On those tables] we placed handouts with study tips and counselor and advisor contact information,” she pointed out.

Sophomore and criminal justice student Italyia Circelli said that while the event was quiet, it undoubtedly achieved its goal.

Emily Fedin, another sophomore, agreed. She found that the dogs eased her nerves.

Other coordinators of the event included Venessa Rodriguez, the assistant director of TRiO; Heather Darrow of the Early Alert Program; and Maureen Kollar from Admissions.

*Writer John Miller is a SUNY Broome student.*



The scene at Keep Calm and Ace Your Finals



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