

StudyWell Midterm Stress Relief Activities | Libraries

02/23/2026

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StudyWell Midterm Stress Relief Activities

Tuesday, March 3, 2026 | 12-4 pm & 7-9 pm | Merrill-Cazier, Rm 101

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Unplug & Unwind

March 3rd, 2026 | 12 - 4 PM | Room 101

Leave your midterm stress behind and join us for an afternoon of analog/screen free activities, including letter writing, origami, puzzles, brain teasers, and crafts. Connect with fellow students, get study tips from ABLE, and disconnect from your phone for a while.

[The Connect, Assist, Refer, Empower \(CARE\) Team](#) will be present to help connect students with resources related to social, health, academic, and other concerns affecting their well-being.

Decades Team Trivia

March 3rd, 2026 | 7 - 9 PM | Room 101

Gather a team of 2–6 members to compete in a decades themed trivia competition (80's, 90's, 2000's & 2010's). Bragging rights guaranteed. Please register in advance to secure your spot.

[Register here](#)