Be Kind - Unwind Finals Week
Stress Relief @ Your Library

SUNYLA 2013, Buffalo NY
June 13, 2013

Jennifer Drake-Cortland
Carrie Fishner-Delhi
Karen Gelles-Farmingdale
Lauren Marcus—New Paltz
Kathleen Quinlivan-Univ. at Buffalo
Pauline Shostack-Onondaga CC
FINAL EXAMS = STRESS
Why worry?

- Normal pressure becomes overwhelming
- Student Mental Health departments are busier
- Stress inversely related to academic performance
- Retention and Graduation Rates
Exam stress drives teen to suicide in Yemen

Yemen student shoots himself over exam pressure

Posted 6/15/2003 1:09 PM

Annual rash of student suicides after final exams

NEW DELHI, India (AP) — As the summer heat and monsoon rains set in each year, Indian newspapers run colorful front-page pictures of joyous high school seniors cheering over their final exam results.

But turn the page and the black-and-white reality hits home, from the lineup of brief stories on anguished students who have killed themselves.

PROFESSION

Medical student stress and burnout leave some with thoughts of suicide

- Medical schools offer counseling to help students who may be at risk, but some refuse such assistance.

By KATHLEEN PHALEN TOMASELLI a mednews correspondent — Posted Oct. 20, 2008
“Coping in college involves successfully reducing stress with positive outcomes. Those who find effective, positive mechanisms for coping tend to be more socially and academically integrated and motivated.”
Don't stress about midterms.

Just study until you're too tired to feel emotion...
(Neither is this.)
What can Libraries do to help students achieve...

not this...

but this?
Stress Relief Activities at SUNY New Paltz

Lauren Marcus
Sojourner Truth Library
## Finals Week Exercise Schedule:
Give stress a healthy outlet!

<table>
<thead>
<tr>
<th>May 13 Monday</th>
<th>May 14 Tuesday</th>
<th>May 15 Wednesday</th>
<th>May 16 Thursday</th>
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<tbody>
<tr>
<td>12:00 Cycle Corrina</td>
<td>12:00 Piloxing Corrina</td>
<td>12:00 Ripped Corrina</td>
<td>12:00 Cycle Corrina</td>
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<td></td>
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<tr>
<td>5:30 Pilates Christina</td>
<td>5:30 Zumba Jodie</td>
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<tr>
<td>7:00 Zumba Jodie</td>
<td>7:00 Yoga Keith</td>
<td>7:00 Yoga Deborah</td>
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RELAX...
It’s finals week... Relax!

- FREE healthy snacks & fresh coffee in room M42: May 13th, 15th, & 16th
- Last minute help with research and citation questions
- Print quota used up? — we may be able to help you.

Brought to you by the Reference Librarians at Sojourner Truth Library. Congratulations and have a great Summer!
Enjoy the snacks and stay as long as you like. But all food and uncovered beverages must remain in this room.
Stress Relief Activities at Onondoga Community College

Pauline Shostack
Coulter Library
What are you looking forward to over break?

- Being Santa
- Painting
- Food
- Travel
- Work
- Family
- Boyfriend
- New glasses
- Home cooked meal
- Wonder Works
- $%
- Reading for pleasure
- Sleep
- Family
- Meaningful contemplation and self-assessment
- Making some money
- Homestuck
- FAMILY
- Sled Hockey
- Josh Matousek
- World Peace
- Lots of wine
- Nothing, because my life is terrible
- Nothing, because I'm too busy with other stuff
- My Parent's Kitchen
Stress Relief Activities at SUNY Delhi

Carrie Fishner
Resnick Library
Fighting Finals Fatigue in the UB Libraries

Kathleen Quinlivan

SUNYLA Conference
June 13, 2013
STRESS RELIEF WEEK
FEELING STRESSED? EYES DROOPING? NECK MUSCLES TIGHT?

The UB Libraries offer Stress Relief areas for UB students

- Meet certified therapy dogs
- Enjoy a free relaxing chair massage
- Free coffee & snacks
- Soothing music

South Campus
Health Sciences Library
Room B-15, lower level

North Campus
Lockwood Memorial Library
Staff Lounge, basement

Wednesday, December 12th .......... 11am – 3pm
Thursday, December 13th .......... 11am – 3pm
Friday, December 14th .......... 11am – 3pm
“It’s so nice to have a break, to snack, to chat, and to relax.”
“I love seeing animals; they make me so much happier!”
“The dogs brighten your day!”
“Puppies really make everything better.”
"I love coming here! It makes me happy and calms my soul."
“The massage was fantastic!”
“It’s a great way to take a break; definitely put a smile on my face!”
“Helped me relax; I know I can ace my final!”
Marketing

- Press Release
- Facebook & Twitter
- Libraries’ website
- Signs, posters & flyers
- Word-of-Mouth
http://www.flickr.com/photos/ublibraries/sets/
Evaluation /Assessment

- How did you learn about this event?
- What is the most valuable part of the event for you?
- How might we improve the event?
- Comments
“People lose sight of the important things when bogged down by work and stress...
“...sometimes it’s just a dog and an apple that makes your day!”
PAWS, Behind the Scenes

The evolution of a pet program for student stress relief and academic success

Jen Drake      Academic Support and Achievement Program

SUNYLA 2013      Buffalo State College

13 June 2013
Background Research: Why Dogs?

- Grossberg & Alf (1985): petting a dog lowered blood pressure in college students
- Charnetski, Riggers & Brennan (2004): petting a dog (as compared to a stuffed dog) increased IgA, which increases immunity
- Folse, Minder, Aycock & Santana (1994): effect of Animal Assisted Therapy on depression in college students
- Vormbeck & Grossberg (1988): the “pet effect”
- ACHA-NCHA Data
Campus Policy Questions

- Inquiries about policies concerning pets on campus
- SUNY Cortland People and Pet Partnership (CP3)
- Policy proposed by the Environmental Health and Safety Committee
- Decision of the President’s Cabinet

- University of North Texas (registered Therapy Dog noted on website)
- Utah State University
- Kent State University
- SUNY Cortland
Campus Culture: Winning Hearts and Minds

- Dogs put students at ease:
  - Help “break the ice” with new students
  - Calm anxious students
  - Help students view staff members as “real people”
  - Students with disabilities relate to a dog with disabilities
  - Help homesick students who miss their own dogs
  - Provide comfort in times of loss

- What about students who are allergic or afraid?

- How have faculty responded?
Logistics: Choosing Dogs (and Owners)

- All dogs are the personal pets of faculty and professional staff members
- Experienced behaviorist interviews prospective participants to ensure dogs are appropriate and handlers are responsible/knowledgeable
- Participants must submit a health form with current vaccinations and signed no-bite statement prior to event
Logistics: When, and for how long?

- PAWS takes place during study days and/or the first days of exams
- PAWS Spring 2013: two days, 10am-4pm (15 2hr shifts per day)
- One-day Library Edition pilot, 11am-3pm (6 2hr shifts)
- Behaviorist and handler determine how long each dog’s shift should be (one or two hours)
Logistics: Location & Setup

- Venue should be central and easily accessible to students
- Dog area should be clearly separated from other activities; no food allowed
- Space should be arranged to minimize interaction between dogs
- Separate entrance for dogs/handlers and students
- Extra handler should be present during transitions
- Dogs should be supplied with water
- Owners should be discouraged from bringing toys, esp. those that make noise
Assessment

- Beginning in the second year of PAWS, students were asked to fill out an exit survey about their experience.
- Questions included:
  - Why did you come?
  - In which activities did you participate?
  - What was the best activity?
  - How many days during finals should we hold this event?
  - How helpful was this event in relieving your stress?
  - Comments...
Results (2011)

- Comments from Surveys:
  - More dogs
  - Please do it again
  - Have other animals (bunnies, hamsters, kitties, etc.)
  - I smiled for the first time today
  - Had a great time!
  - Helpful!
  - Thank you!

How helpful was this program in relieving your stress?

- Very Helpful 5
- 4
- 3
- 2
- Not Helpful 1
PAWS, Behind the Scenes

The evolution of a pet program for student stress relief and academic success

Jen Drake Academic Support and Achievement Program

SUNYL A 2013 Buffalo State College

13 June 2013
Stress Relief Activities at Farmingdale State College

Karen Gelles
Greenley Library
Possible Winner of Best Stress Reliever in SUNY?

http://www.youtube.com/watch?v=vubrSZ3nY_U
Thank you!