Quick Tips to Reduce End of Semester Stress

With the semester quickly coming to an end and finals looming, don’t let stress get you down. Here are a few tips to help you sail through the rest of the semester.

1. **Eat Right** – Eat a healthy mix of veggies, nuts, carbs, protein and fat. Chase it down with a nice cold glass of water.
2. **Exercise** – Take a lap or two around the library or campus and get some fresh air.
3. **Sleep** – Now is not the time to pull an all-nighter. Get a good night’s sleep. You’ll feel energized and will be more productive.
4. **Schedule Some Down Time** – Relax. All work and no play makes for a very stressed student. Schedule some time when you are not studying and are not THINKING about studying.

Practice Your Group Presentations at Renne Library

Have you noticed the lack of space on campus for students to practice group presentations? Well, MSU Libraries has and we took steps to address it. In last month’s newsletter, it was mentioned that Room 327 now has a screen and computer so you can practice presentations. We took this idea even further and have now equipped all of our study rooms with screens and computers.

As always, rooms are available for students working in groups of 2 or more. Due to the popularity of the rooms, we recommend that you make a reservation. Rooms can be checked out for 2 hours. Keys to the rooms can be obtained at the Circulation Desk. Just be sure to bring your ID.

Give Yourselves a Pat on the Back

Kudos to you all for working so hard this semester. You hit the ground running in September and have not stopped since. Some of the library folks have worn out their track shoes trying to keep pace with you. Persevere the next three weeks and do awesome on your exams. Then go home, relax and enjoy a few weeks off. You’ve earned it. The staff at MSU Libraries wishes you a relaxing break and looks forward to seeing you in the New Year.

Late Night at Renne Library

Need a late night study space? Check out the Library. During finals, Renne Library will be open the following hours:

Fri., Dec. 11: 7am – 2am
Sat.-Sun., Dec. 12-13: 10am – 2am
Mon.-Thu., Dec. 14-17: 7am – 2am
Fri., Dec. 19: 7am – 5pm

There will be no services available after midnight.