

STUDENT LIFE *DECEMBER* EVENTS 2021

THE FINAL LAP

DEC. 1-15

Successfully cross the end-of-semester finish line! Open to all GW students, The Final Lap is designed to provide stress reduction opportunities prior to and during final exams.

SPOTLIGHT: RELAXATION SPACE

DEC. 6 - 15 | ALL DAY
STUDENT CENTER 5TH FLOOR LOBBY

Need a moment to recharge? Simply stop by the USC 5th Floor Lobby to take a mini break during finals. Do a puzzle, color, grab a fidget toy, and use this space to relax and release.

WED. DEC. 1

ADDRESSING PROCRASTINATION, ORGANIZATION, & MOTIVATION

5 PM | Zoom

FRI. DEC. 3

GRIEVING MINDFULLY

3 PM | Zoom

STRESS MANAGEMENT

1 PM & 4 PM | Zoom

MON. DEC. 6

COMFORT ZONE

6-8 PM | Student Center 433

DOODLE & DESTRESS

6 PM | District House B117

TUES. DEC. 7

VERN LIGHTS

9 PM | MVC Quad

WED. DEC. 8

FREE CHAIR MASSAGES

12-6 PM | District House B114

THURS. DEC. 9

MIDNIGHT BREAKFAST

10 PM | Student Center

FRI. DEC. 10

MOVIE NIGHT: HOW THE GRINCH STOLE CHRISTMAS

9 PM | MVC Post Hall

MON. DEC. 13

YOGA UNDER THE STARS

6:30 PM | Student Center

COMFORT ZONE

6-8 PM | Student Center 433

TUES. DEC. 14 & WED. DEC. 15

BREAKFAST BREAK

9 AM | Student center Lobby | While supplies last!

For event details and registration, visit:
STUDENTLIFE.GWU.EDU/EVENTS