

ADVERTISEMENT

TV RADIO NEWS SPORTS MUSIC ARTS LOCAL MORE

CBCnews | Saskatoon

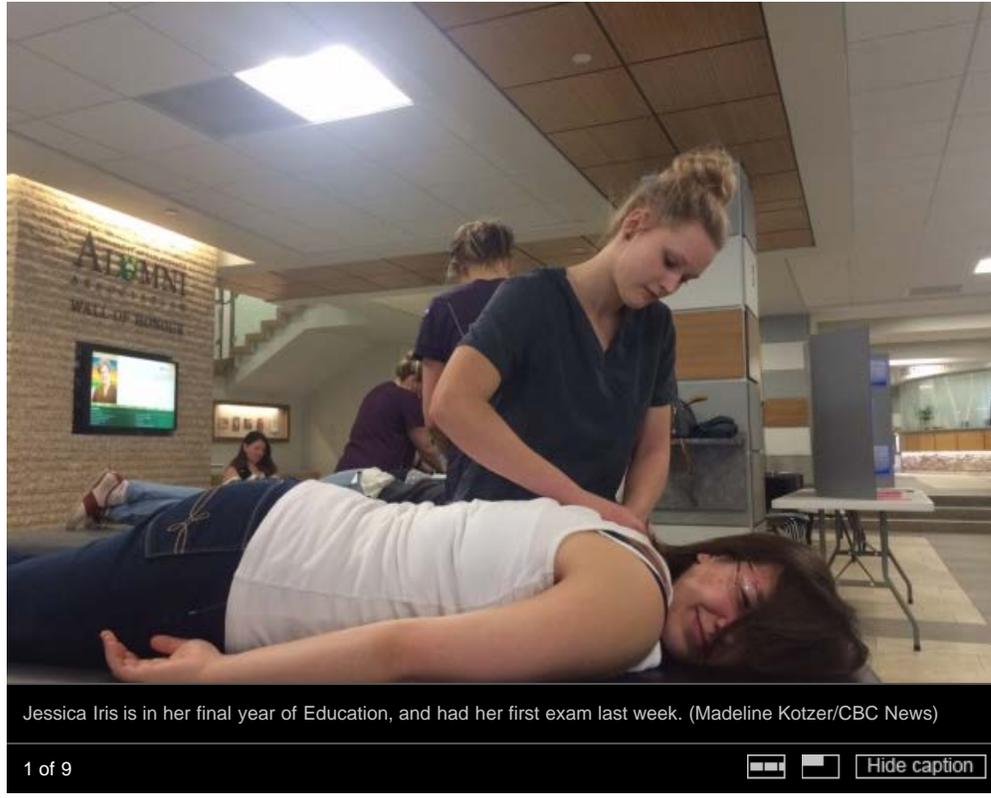
LIVE Saskatoon More Streams **94.1 FM**
 Radio One
 Listen Live **radio one**

- Home
 - World
 - Canada**
 - Politics
 - Business
 - Health
 - Arts & Entertainment
 - Technology & Science
 - Trending
 - Weather
 - Video
- Canada Saskatoon Photo Galleries

University of Saskatchewan students pampered during exam season

Massages, snacks made available to students

CBC News Posted: Apr 14, 2015 1:03 PM CT | Last Updated: Apr 14, 2015 3:42 PM CT



88 shares

- Facebook
- Twitter
- Reddit
- Google+
- Share
- Email

Stressed out students are living a life of leisure on the University of Saskatchewan campus today.

Body massages, hand massages, puppy play time, snacks, games, free advice and more. All anti-stress measures offered by the school, because for first year students like Daisy Ko, relaxation is not a priority right now.

"During the first semester I didn't sleep a lot," Ko said. "That was, you know, not particularly healthy."

Terrie Fitzpatrick, manager of Student Counseling Services explained that during the month of April, the number of students seeking mental health help spikes at the university.

This is why the school is offering the help.

Stay Connected with CBC News

- Mobile
- Facebook
- Podcasts
- Twitter
- Alerts
- Newsletter

ADVERTISEMENT



Latest Saskatoon News Headlines

- Prairie stargazers expect perfect conditions for Perseid meteor shower
- Lloydminster man killed while changing tire remembered as 'amazing father'
- Gas to be burned off at Alameda, Arcola sites: Alliance
- Longer federal election campaign forces pollsters to adjust
- Argonauts add to Roughriders' misery in home opener



A therapy dog is ready to play. (Madeline Kotzer/CBC News)

"Overall we're looking at how we all cope with our busy lives," Fitzpatrick said of the events. "Basic things like getting enough sleep, which is crucial to memory retention."

It is not just green, new students who are taking advantage of the perks either.

Jessica Iris stopped by the massage station set up in Place Riel over the noon hour on Tuesday; just ahead of one her fourth year evaluations for her Education degree.

Iris said the time out and the reminder to take care of oneself is what she needed.

"Just those really basic things like food and sleep and taking a shower every now and then can really improve how I feel about it," Iris said.

Nearby at the Murray Library on Tuesday afternoon, students were not only working like dogs, they were playing with them too.

"They're really soft. They're nice. It makes me feel calm," third year student Maria Martinez said of her timeout with the dogs. "It makes me feel nice inside."

It is the third time the University of Saskatchewan has hosted the therapy dogs on campus. The dogs are visiting various libraries at the school during exams.

'It is almost like fun,'

- Matthew Wind, Student

"It's a little tough to explain, I don't know. It is almost like fun," third year student, Matthew Wind, said of his study break with the dogs on Tuesday.

Here is the list of dates, times and locations for the anti-stress events on campus:

Therapy dog visits: 12 p.m. CST to 3 p.m. CST

- April 15 - Engineering Library
- April 23 - Leslie and Irene Dubé Health Sciences Library in Room 1430

Snacks and massages: 11 a.m. CST to 2 p.m. CST

- April 15 - Place Riel Student Centre



'It's just not OK': CBC reporter on unwanted kiss

5:43

Megan Batchelor describes her reaction to being kissed by a stranger in the middle of a news report



Bee warned: Insect stings 101

3:21

Allergies to bee and wasp stings can be life-threatening, explains Dr. Peter Lin



Election campaign ads: how do they work?

3:38

When an election is called, the rules surrounding political advertising change, CBC's Adrienne Arsenault explains



Election donations explained

1:45

The CBC's James Fitz-Morris walks us through the financial relationship between the taxpayer and the political parties.

Top News Headlines



■ How Nigel Wright's testimony this week could change dynamic of Mike Duffy trial

■ 2 shot during protests in Ferguson on anniversary of Michael Brown's death

■ Renters forever: why some have lost the home ownership dream

■ 5 tips for viewing the best meteor shower of the year

■ Young women and alcohol: The health time bomb that binge drinking sets ticking

ADVERTISEMENT



Take a break at the library: LEGO, Play-Doh, crafts, puzzles, board games and free snacks

- April 10-24 - Education and Music Library
- April 13-30 - Murray and Science Libraries
- April 20-May 1 - Leslie and Irene Dubé Health Sciences Library

24/7 Safe Study: Murray Library stays open for student study after the rest of the library closes

- April 10-29



[Report Typo](#) | [Send Feedback](#)

Comments on this story are moderated according to our [Submission Guidelines](#). Comments are welcome while open. We reserve the right to close comments at any time.

[Login](#) | [Signup](#)

• **6 Comments**

•

Commenting is now closed for this story.

[Follow](#)

Newest

[Submission Policy](#)

Note: The CBC does not necessarily endorse any of the views posted. By submitting your comments, you acknowledge that CBC has the right to reproduce, broadcast and publicize those comments or any part thereof in any manner whatsoever. Please note that comments are moderated and published according to our [submission guidelines](#).

Explore CBC

| | | | |
|----------|---------------|------------|------------------|
| CBC Home | Music | Comedy | CBC Connects |
| TV | Arts | Books | Digital Archives |
| Radio | Kids | Parents | Games |
| News | Local | Aboriginal | Contests |
| Sports | Documentaries | Weather | Site Map |

Stay Connected

| | | | |
|--------|-----|----------|----------------------|
| Mobile | RSS | Podcasts | Newsletters & Alerts |
|--------|-----|----------|----------------------|

Services and Information

| | | | |
|---------------------|--------------------|------------|------------------------|
| Corporate Info | Reuse & Permission | CBC Shop | Jobs |
| Public Appearances | Terms of Use | Help | Doing Business with Us |
| Commercial Services | Privacy Policy | Contact Us | Renting Facilities |

