

# FINALS EXTRAVAGANZA SPRING 2021

## MONDAY - MAY 3

10:00 am - 12:00 pm Kickoff with Derek and Wagner  
Catch two of the CCC Therapy dogs cruising around campus on a golf to pass out goodie bags! Check out @vttherapydogs on Instagram for updates!

12:15 pm - 12:45 pm Drop-in Meditation with Hokie Wellness  
Join us for a group drop-in virtual mindfulness session! Beginners and long-time mindfulness practitioners welcome! Feel free to join for any length of time. Join [here](#).

6:00 pm - 8:00 pm Checkmate! Chess Tournament  
Put your skills to the test in a friendly virtual chess tournament! Registration is required, winner will receive a prize. More info can be found [here](#).

6:30 pm - 7:30 pm Developing a Growth Mindset Workshop  
What do you say to yourself when you make a mistake or feel challenged? Often when we are struggling, we're our own worst critic. Join us to learn how to develop a mindset focused on growth and positive self-talk.

## TUESDAY - MAY 4

10:00 am - 11:00 am Virtual Yoga with Rec Sports  
Join Rec Sports for a free, virtual yoga event! This event is open to all current Virginia Tech students. Registration is required and may be done [here](#).



## TUESDAY - MAY 4

12:30 pm - 1:00 pm Self Care or Treat Yo'Self Workshop  
Join us for a brief, introductory session where you can learn how to assess your current coping skills & create a realistic self-care plans

### 3:00 pm Cooking with Cook

In need of a late night pick-me-up? The PALs are back with another addition of Cooking with Cook! This segment will go over how to make dorm safe Mac and Cheese! The video can be found online at our Youtube Channel.

## WEDNESDAY - MAY 5

### 9:30 am - Koru Mindfulness Retreat with Hokie Wellness

Instructors will guide participants through various meditations and mindful movement. Two identical sessions will be offered at the Duck Pond- please only register for one session. This retreat is open to all students and employees; please be sure to bring your Hokie Passport.

### 10:00 am - Mindfulness Meditation

Get your head in the zone and recenter with a guided meditation session hosted by VT's own, John Richey! Check it out on our Youtube Channel.

### 1:00 pm - Ice Cream Study Break with Schiffert

Catch the Schiffert Health Center golf cart cruising around campus for a sweet study break - Learn a few wellness tips and get individually wrapped ice-cream treats. Follow @SchiffertHealth for pop-up locations

### 6:00 pm Let's Play Kahoot!

Everyone's favorite trivia game is back! Join the PALs for virtual Kahoot and the chance to win a Comfy! More information can be found here

