

Finals Extravaganza Agenda

December 7th -10th | @cookcounselingcenter

December 7th

Introduction to Finals Week:
How do you de-stress for finals?

Location:  

December 8th

Mindfulness Meditation Videos:
Dr. John Richey & CCC PALs

Location:  



December 9th

Kahoot! Trivia Night

Registration: <https://tinyurl.com/yxgurqps>

Location:  zoom

December 10th

Cooking With Cook Video:
Dorm Friendly Mug Brownie Recipe

Location:  

To keep up with all that is happening at the Cook Counseling Center and important updates, follow us on social media and view the Cook Counseling Center Website.

[HTTPS://UCC.VT.EDU](https://ucc.vt.edu)

