

Your guide to the best exam week traditions

Events on campus help students relieve stress during exams.

By Neal Smith
Staff Writer

Ever wanted to be in a huge mob of streakers running through a flash rave in the Pit while on your way to make gingerbread houses and pet cute therapy dogs?

The chances of this exact scenario happening are probably zero, but each of these events happen individually as part of a variety of exam week traditions.

Streaking in the library

Many students' midnight study sessions are interrupted by naked people running through the hallways of UNC's libraries.

The midnight before the first day of exams, a group of students gather at the flagpole in the quad at 11 p.m. By midnight, the group has stripped and runs first through Davis Library, then the Student Union, the Pit and finally the Undergraduate Library.

The streakers finish with the alma mater, and other studying students typically join in singing.

This event is so popular that videos from past years are scattered around YouTube.

Flash rave in the Pit

For ten minutes each exam period, the Pit goes from deserted to dance floor complete with lights, music and hundreds of students getting out all the stress that accumulates in the library.

The flash rave has become a staple of the night before the second reading day of exam week. This year the event is once again at midnight, on the night of Dec. 11.

Pretish Borde, a senior and organizer of the rave, said the event takes place before a reading day so that students don't have to worry about waking up early for an exam.

"We've been doing this several years now and people expect it now," he said. "It's definitely something unique to the UNC community and shows Tar Heel pride."

Borde estimated that the event attracts about 1,000 participants based on responses to the Facebook invitation, but the number can vary widely depending on the weather, he said.

Borde said that students gather around the Pit before the event starts, but must stay out of the pit until the flash rave begins.

"A lot of schools do the flash mob thing, but we talked to a lot of other local schools and they don't have the same tradition," he said.

Gingerbread houses

Many students spend exam week with food on the brain, and the Carolina Union Activities Board's gingerbread house event is a tradition that

will satisfy any sweet tooth.

Each year, CUAB hosts a gingerbread house building event in the Great Hall of the Student Union, said Tom Low, president of CUAB.

He said this event has been going on for at least three years.

"It is easily one of the most popular events on campus," he said.

The organization has all the supplies from marshmallows to gum drops needed to build a gingerbread house, he added.

"It attracts all kinds of people. Girls, guys, seniors, freshmen, people love it."

Therapy dogs in Park Library

For those missing their furry friends, therapy dogs will visit the Park Library during the two reading days.

Stephanie Brown, director of the Park Library, said being able to interact with the high-

HOW TO MAKE EXAMS MORE BEARABLE

With the little sleep and excessive stress of exams, try things you normally wouldn't do:

- Wear only pajamas the whole week

- Bring a pillow and blanket everywhere

- Watch a movie on the projector in one of the large lecture halls

- Take a walk in the graveyard

- at midnight

- Explore the new Genome Science Building

- Introduce yourself to the after-midnight security guard at the Undergraduate Library

ly-trained dogs lowers everyone's stress during exams.

"People sit in Park Library and pop in and out of the room. Some spend 10 to 20 minutes, some spend an hour," she said.

Usually about 100 people attend the event, she said.

This year, the dogs Mickey, Whiskey and Bear will be at the event during various times on both reading days, Dec. 6 and Dec. 12.

The Park Library is located on the second floor of Carroll Hall.

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