

Carleton University Pause Table Comments—Winter Exams 2026

At the Pause tables at Carleton University on April 13 & 14, there were clipboards available, so students and volunteers could write comments. The question at the top of each sheet was, “**Why is the Pause Table important to you?**” Here are the responses. Enjoy reading them.

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1. To give me some energy! It brings me joy!

2. Being a student, it’s really hard to remember to take care of ourselves during exams. This table lets me breathe and remember that I am in fact a person. It gives me the energy to keep going during exams.
I was having an awful day, so this was really fabulous!

3. great resource for struggling students especially in this economy
Never say no to free food!

4. The Pause Table is important to me because it creates a small but meaningful moment of care in the middle of a busy and often stressful time. As a student, there are times when balancing responsibilities can feel overwhelming, and something as simple as access to free food can ease both practical and emotional strain. In a world where starvation and the mass destruction of food exist side by side, initiatives like this feel especially meaningful.
It made me feel supported and part of a community that looks out for one another.
Keep up the great work!

5. I enjoy the break away from studying! All of the food brings me so much joy and shows the love of Jesus. Thank you all!
I find being able to walk to this table and take a break from studying helps me to reset and when I go to study again, have a clear mind.

6. Exam season is one of the most stressful periods known to man... besides you. Walking across campus and seeing the Pause Table is a beacon of hope and community—because life is worth living!

7. I didn’t get a chance to eat breakfast this morning but not only was I able to get a well healthy breakfast I was welcomed with smiles and individuals genuinely interested in me! What an amazing way to start the day

9. I skipped breakfast so its well timed.

10. Food not cheap. Allows me to stay on campus longer.

11. Enjoy having an option for snacks as a study break and don’t need to leave campus for food

12. Free food is crucial, we need more of this going on on campus
13. I was surprised this is my first one and I love it. Free food for the win.
14. To have a sense of community and kindness. Love for all. ♡
15. Brains need food!
16. Being supported in a family—like community is very heartwarming. Thanks.
17. Convenience and helps students succeed, helps all (equal opportunity)—so that students not food business to profit, but take charge of offering food instead!
18. It brought a little brightness and positivity into my day! It was awesome to have some free snacks to fuel my long study day. Gave me some faith in humanity and kindness!
19. Exams and school time is hard and sometimes a snack on a long day at campus goes a long way and just spreads positive energy
20. It's hard to eat sometimes during exams & this table is important to help me focus now and later during these intense days/times
21. It's a very stressful time for students, we're here to make things easier for them.
22. To be able to give back in the same way I was supported as a student.
23. As a former student, it's important to recognize how hard students work and show that we support them.
24. Spreading love and helping others is always important!
25. Giving people a break and some good food in a stressful time. Lots of people get so stressed that they neglect eating so knowing food IS there is amazing.
26. Giving is a two-way road, you give something and receive in return, now or later, and it is worth the price.
27. I was running late. Gives me good food to brighten up my studying 😊
28. Makes my day!!
29. Love to have great food to nourish the mind!
30. Great support resource for students during the most stressful times

31. Nice to know support is available for students! Not everyone has time to eat before coming to campus
32. I'm on campus all day with no time to bring food, and planned to not really have much until I got home — but the pause table really is helpful in making sure I have something to eat before my exam & be ready to use so much energy to focus
33. I'm really hungry rn ngl...
(*rn = right now & ngl = not gonna lie*)
34. Hungry during exams
35. Great initiative & support. Good job!
36. Good fuel for exams
37. Gives students free food & community during a tough time. Not everyone can afford enough nutritious food as well!! This is a massive help to me!
38. The pause table is a great initiative that helps students in their most difficult time of the year. I think it's great way to finish the year off!!
39. Blesses me cause food is not cheap
40. Study fuel! Free things for students, yay!
41. Helps student have full stomachs during exams!
42. HELPS TAKE MIND OFF STRESSFUL TIME PERIOD / EXAMS.
43. Remove the barriers that keep students from buying food!
44. More support during stressful exam season
45. People are able to look after students and they are my favourite — thank you!
46. Helps support students during stress! 😊
47. Helps people slow down & reflect
48. Exams are super stressful and this makes us happy!
49. A happy pick-me-up during exams — a great snack break
50. No time to make food so this is amazing!
51. A little break is nice! — Spreading love!

52. I love a snack break
53. Accessible opportunity for students during exam season
54. EASY accessibility to food when you don't have time to get groceries
55. Helps me eat before exams, I do it for my community
56. This is the highlight of my exam week — so helpful!!
57. Free food is so important because it's sometimes hard to find time to get groceries AND students are on tight budgets and will often neglect eating during stressful exam seasons so it is not easily accessible.
58. I earn very little money & frequently skip meals to save money. This allows me to eat!
59. I think being able to feed students is a necessity for them to be mentally well for exams
60. I think it's a good break from studying all day
61. Brains need ENERGY!
62. It's a good refreshing during exams!
63. It's a good break from exams
64. Free food for broke uni kids, fuel for our bodies. Something to look forward to each exam season, snack foods are good for portability
65. Being kind and loving is always important!
66. Helps with stress.
67. We're so very very hungry!
68. Very helpful, especially during a really stressful time
69. Good for studying all day
70. Good for during the exam time
71. Really great for students especially during really stressful exam seasons. Please do not take it away from us — Sandra
72. A great break in exam season, makes more joy
73. Helps save money and stay open
74. Creates a good feeling of community on campus, put a smile on my face

75. Reminds students they matter to real faces
76. Helps the community and allows for better student outcomes
77. Also when I'm busy studying or doing an all-nighter, I forgot to eat or drink
78. So essential for exam stresses and time management
79. I love all the kindness & love from this program, I truly believe it makes me write better!
80. I'm a volunteer from Grace Church, Orleans. Pause Table is a wonderful opportunity to show God's love to hungry, stressed students. We're disappointed that we can't offer homemade sandwiches, cookies & muffins anymore.
81. It is helpful because it put a smile on my face when I was feeling stressed
82. As a student & a TA I've been on both sides of exam stress. The pause table really helps me ground myself, stop, & take a breath. Thank you so much!
83. Community & encourages studying
84. Feeling of community & support
85. Community, love, food, & what else could we need?! :)
86. Gives fuel to students to continue learning
87. Motivates me!
88. Gives support!
89. Helps me get through exams
90. I feel all the love ♡
91. Nutrition helps the brain!
92. Motivating
93. Gives students something to look forward to!
94. A caring space to talk & get snacks!
95. It allows me to take a break & remember to eat while studying!
96. Hungry and poor
97. I skipped breakfast

98. A great treat after exams

99. Awesome ppl

100. The pause table is really important for students especially during exam season. It is a stressful time and students will often sacrifice food and nutrition so the table not only provides connect but helps students get what they need. — Elijah

101. Great for taking hunger off my mind so I can focus on studying!

102. The pause table helped relieve my mind in a stressful time exams — Eden

103. Today I received over 1000 thank yous. Meeting with the students is the important part of the Pause Table. One gets to see the latest trends as our 90% have had ear buds or earphones.

104. How rewarding it is to serve others — to provide much needed food and chitchat! This continues to be a positive experience. All done to the Glory of God.

105. This is helpful to students in need of some encouragement and helpful to racialized communities in Carleton.

106. Helps build a sense of community & support for me

107. Diet is often affected by stress, this helps so much

108. Very helpful for the long library study days

109. Help student and build sense of community

110. Helpful to others—Carleton provides support

111. The food and kindness they are spreading makes me feel better about this world!

112. The food and kindness they are spreading makes me feel better.

113. It's good for mental health and shows students they are cared for

114. Having a snack before an exam can be the difference between passing & failing!

115. Having a community that supports students as they prepare for exams is great! It's good for students' mental health and makes them feel [cared for].

116. Provides essential resources for Carleton students.

117. Gives us a treat to look forward to, to keep our spirits up

118. Best part of exams! Look forward to this all semester!

119. Makes my day so much better!! ← Ditto!

120. Makes us happier plus we're broke and stressed
121. It's a great mood booster!
123. Nutrition equals strength
124. Makes me happy and appreciated ♡B
125. Helps with health and keeping up with meals during a hard time
126. Sometimes I don't have time to eat before an exam
127. Gives energy for exams!
128. I sometimes don't have time to eat before exams and this really helps to stay motivated!
129. It's good because we need energy for the exam
130. Like a wandering sea farer whose food is a haven in which I/we can place an anchor and nourish my vacant form — Hunger!
131. It is so helpful!
132. Food is great post-exam! Hunger satisfied!
133. It supports students during the stressful exam season.
134. Carleton must support such initiatives! Thanks!
135. This is such an important cause because it helps relieve the stress of exams, the interactions with the people present makes us feel better and feel seen.
136. Helps with keeping up with meals during a busy time.
137. Helps get a break from studying and helps students eat while preparing for exams.
138. Reduces financial strain for food during exams & helps make sure I'm hitting my food group
139. Helps to reduce stress and provides a nice break during exams.
140. It's a great way/place to rewind/relieve stress
141. The positive encouraging attitude of the volunteers makes a big impact during this stressful time!
142. Brings students of different disciplines together to share in food, fun, & fellowship

143. It supports Carleton community & makes people feel engaged / less isolated. It helps with studying.

144. It is something I look forward to during the very busy exam season, when I don't really have time to cook. Thank you so much!

145. I think it makes sense — and makes it easier for students to [eat well/feel] cared for — others give their time. I appreciate it so much.

146. During exam season it gets difficult to stay eating healthy, pause table lets me get fruit & veggies easily!

147. This is a great way to interact with the students & without exception, the students are extremely appreciative. They are stressed & this is a “food hug”!

148. Provides needed support for students during a time of significant stress during exams

149. Helping students eat during exams takes a lot of stress and provides us with support during difficult periods.