



Penn State Stress and Health Lab Research Facility
105 Benedict House
The Pennsylvania State University
University Park, PA 16802

Lab Phone: 814-867-1682
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Directions to 105 Benedict House:

Note: Benedict house is a small brick building visible from College Ave across from the Meridian apartment buildings. However, you cannot get to it directly from College Ave. by car.

Driving from Beaver Ave:

- Make a left onto Garner street (which will turn into Shortlidge)
- Go straight until you have to turn left or right
- Make a right onto Pollock road and continue straight
- Make another right onto Bigler road.
- Go straight until you get to a parking lot right in front of you. Without entering the parking lot, make a right onto a little road (Elm road) in front of 3 buildings
- Benedict house will be the last brick building on your left just past Gardner House and Beecher-Dock House
- Entrance is on the College Ave. side of building

Driving from University Ave. (driving away from Atherton Street; towards Park Ave):

- Make a left onto Hastings Rd. (If you pass the Bryce Jordan Center you're too far)
- Make a left onto Bigler Rd.
- Go straight until you get to a parking lot right in front of you. Without entering the parking lot, make a right onto a little road (Elm road) in front of 3 buildings
- Benedict House will be the last brick building on your left just past Gardner House and Beecher-Dock House
- Entrance is on the College Ave. side of building

Walking (from HUB):

- Walk down Pollock Road towards Pollock Commons (walking away from the HUB)
- Take a right on Bigler Road (You will have passed tennis courts on your left)
- Continue to the end of the road and take the last right
- Benedict House will be the last house on your left
- Entrance is on the College Ave. side of building.

Walking (from College Avenue):

- Walk across College Ave at the crosswalk at McLanahan's
- Make a right onto the sidewalk parallel to College Ave. (Beside the chain-link fence)
- Continue along the College Ave sidewalk.
- You will pass tall dorms and a giant set of stone steps. Continue walking
- Continue to follow the sidewalk as it curves left
- Benedict house will be on your right
- Entrance is on the College Ave. side of building