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**FOR IMMEDIATE RELEASE**

**The USU is Here with Finals Week Stress Relief  
for All CSUN Students during “Crunch Time”**

Northridge — The University Student Union (USU) has a cure for the test-taking blues and finals week stress that CSUN students experience each semester. You’re all invited to its well-timed stress relief event during “Crunch Time” over the two weeks from Monday, Dec. 5 to Thursday, Dec. 8 and then again from Monday, Dec. 12 to Thursday, Dec. 15. It’s the perfect way to avoid a finals meltdown by treating yourself to free food, beverages, exam supplies, massages, and crafts, as well as quiet and relaxing study places — all at the USU.

“We are always happy to present the ‘Crunch Time’ stress relief event every semester to help students through the madness of finals,” said Events Supervisor Randy Sorensen. “The USU is committed to serving students in every aspect of the CSUN experience and this event helps foster academic success at the right time in a fun way.”

To kick off this year’s “Crunch Time”, all Matadors are welcome to come over to the USU for various giveaways and activities. From Monday Dec. 5 to Thursday, Dec. 8, between 11 a.m. and 1 p.m. in the East Conference Center of the USU, students can enjoy free snacks, beverages, exam supplies, massages and a Craft Corner.



During the second week from Monday, Dec. 12 to Thursday, Dec. 15, start your “Crunch Time” experience early with free breakfast, beverages and exam supplies from 7:30 to 9 a.m. on the Plaza del Sol at the USU.

“Crunch Time” also has you covered with relaxing spaces for study sessions throughout both weeks of finals! From 7 a.m. to 10 p.m., come to the East Conference Center at the USU where the Tujung, La Crescenta and Altadena Room will be open for all who are looking for a quiet place to study.

Let the USU help you finish your semester strong and ace all of your finals during “Crunch Time”! For more information, please visit [www.csun.edu/usu](http://www.csun.edu/usu) or contact Events Supervisor Randy Sorensen at [randy.sorensen@csun.edu](mailto:randy.sorensen@csun.edu).

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*The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit [www.csun.edu/usu](http://www.csun.edu/usu).*