

November 27, 2019

**Contact:** Lilibeth Orozco, Public Relations Assistant  
lilibeth.orozco.185@my.csun.edu  
Michael Niles, Marketing Manager  
University Student Union  
California State University, Northridge  
michael.niles@csun.edu  
(818) 677-2875

**FOR IMMEDIATE RELEASE**

**“Crunch Time” at the USU Offers Students  
Finals Week Stress Relief with Free Food and Fun**

Northridge — The University Student Union (USU) welcomes all CSUN students to experience the solution to finals week stress during this semester’s “Crunch Time” at the USU. This two-week event from Wednesday, Dec. 4 to Tuesday, Dec. 17 is a chance for students to take advantage of exciting giveaways and fun stress relieving activities including massages, crafts, games, snacks, hot breakfast, beverages, and study supplies - all FREE at the USU!

“Students often work so hard during finals week that they forget to slow down and take a moment for themselves,” said USU Events Supervisor, Xiomara Carranza. “The USU is more than happy to offer two weeks of Crunch Time’s special support to our students with all kinds of free stuff and fun stress-relieving activities like making lava lamp bottles, planting mini cacti and building mason jar aquariums.”

For Week One of Crunch Time from Wednesday, Dec. 4 to Thursday, Dec. 5, and Monday, Dec. 9 to Tuesday, Dec. 10 between 11 a.m. to 1 p.m., the USU will have a range of activities students will enjoy. Along with the free snacks, beverages, exam supplies and a Craft Corner, they can also indulge in free massages. It’s all available in the East Conference Center of the USU, located across from the Student Recreation Center main entrance.



During Week Two of “Crunch Time” from Wednesday, Dec. 11 to Thursday, Dec. 12 and Monday, Dec. 16 to Tuesday, Dec. 17, students can jump-start the morning before their finals with a free hot breakfast from 7:30 to 9 a.m. in the Plaza del Sol of the USU. There will also be more exam supplies giveaways and many options for quiet study spaces all throughout the USU.

All CSUN students are invited to treat themselves right and finish the semester strong during “Crunch Time” in the USU! For more information about this event and the University Student Union, please visit [www.csun.edu/usu](http://www.csun.edu/usu) or USU Events Supervisor, Xiomara Carranza at [xiomara.carranza@csun.edu](mailto:xiomara.carranza@csun.edu)

###

*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, prayer room, lactation 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, Veterans Resource Center, USU Board of Directors, Computer Lab, Games Room, USU Events and more. For additional information, please visit [www.csun.edu/usu](http://www.csun.edu/usu).*