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FOR IMMEDIATE RELEASE

**“Crunch Time” Makes Studying for Finals Fun
with Stress-relieving Activities for Students**

Northridge — The University Student Union (USU) is here to support Matadors throughout finals season during *Crunch Time*. From Monday, Dec. 6 to Friday, Dec. 17, CSUN students are invited to spend their study breaks at the Northridge Recreation Center (NRC) and Plaza del Sol and take advantage of the many resources offered from tasty snacks to therapeutic meditation. It’s the perfect time for Matadors to take a break from hitting the books and come experience some relaxation!

“The USU wants to ensure that our Matadors finish strong this semester,” said Xiomara Carranza, Acting Programs Coordinator of USU Programs. “*Crunch Time* is a relaxing and fun way to take a break from studying so that you can do your best on finals.”

There will be some amazing resources and fun opportunities for students from Monday, Dec. 6 to Thursday, Dec. 9 at the NRC. Puppy therapy and meditation classes and will be offered from 11 a.m. to 1 p.m. to boost their serotonin and mental state of peace and tranquility. There will also be tasty, fuel-boosting snacks as well as goodie bags filled with essentials that will come in handy for finals week. Students who want to express their creativity can also pick up a *Craft Corner* box by signing up on the USU Calendar page. On top of that, we’re easing the pre-finals stress by giving students the opportunity to enjoy relaxing messages by appointment with a massage therapist!

During finals week, from Monday Dec. 13 to Thursday Dec. 16, students can stop by the Plaza del Sol from 7:30 to 9 a.m. for breakfast and any last minute supplies to make sure they are ready for their finals. For students who are on campus in the dorms, *Crunch Time* will be



coming to Geronimo's every day from 6 to 9 p.m. to offer delicious free coffee and pastries. Finally, to celebrate the end of the semester on Friday, Dec. 17, the USU has partnered with Tea n Tea in Northridge offering students a free drink when they stop by during their hours of operation.

Crunch Time wants to Matadors to put their best foot forward for finals! For more information on these motivating events, please visit csun.edu/usu.

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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, lounge spaces, 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, DREAM Center, USU Board of Directors, Computer Lab, Games Room, USU Programs and more. For additional information, please visit www.csun.edu/usu.