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**FOR IMMEDIATE RELEASE**

**“Crunch Time” at the University Student Union  
Offers Students a Break from Finals Stress**

Northridge—The University Student Union (USU) is here to help students get through the stress that comes with finals season with “Crunch Time” at the USU. This well-timed stress relief event is here to serve you for nine days, on the following days:

- Wednesday and Thursday, Dec. 5-6
- Monday to Tuesday, Dec. 10-18

Treat yourself to a well-deserved break from finals with tasty snacks, hot breakfast, beverages, exam supplies, massages, crafts and games, as well as quiet and relaxing study places – all FREE at the USU!

“It is really common for students to get so wrapped up in passing their finals that they don’t take a moment for themselves,” said USU Student Events Assistant Freddy Martin. “The USU is always happy to offer additional support through this busy period with free food, great giveaways and fun activities to help CSUN students find academic success!”

From Wednesday, Dec. 5 to Tuesday, Dec. 11, between 11 a.m. and 1 p.m. in the East Conference Center of the USU, students can enjoy a range of attractions. Along with the free snacks, beverages, exam supplies, study spaces, and a Craft Corner, they can also indulge in a spa day with free massages. The East Conference Center is located adjacent to the Student Recreation Center main entrance.



On the evening of Wednesday, Dec. 5, be sure come back to the Plaza del Sol in the USU from 5 to 7 p.m. for a fun “Winter Wonderland” celebration. All students are welcome to take this special evening break from finals with free hot chocolate, a s’mores making station, lawn games, a photo booth and more!

On Thursday, Dec. 6, the Oasis Wellness Center will be welcoming therapy dogs to add some much-needed fun and stress relief during this hectic week!

During the next week of “Crunch Time” from Wednesday, Dec. 12 to Tuesday, Dec. 18, students can start their day by fueling up from 7:30 to 9 a.m. with a free hot breakfast on the Plaza del Sol at the USU. There will also be more free exam supplies and many options for quiet study spaces and work areas all throughout the USU.

All CSUN students are welcome to treat themselves right and finish the semester strong at “Crunch Time”! For more information, please visit [www.csun.edu/usu](http://www.csun.edu/usu) or contact USU Student Events Assistant Leanna Merzaat via email at [leanna.merza.933@my.csun.edu](mailto:leanna.merza.933@my.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).*