



# Crunch Time / Stress Relief Weeks

Tuesday 4-17 @ 11AM & Thursday 4-19 @ 4:30PM  
Finals Prep Session: Creating your Study Plan & Top Test Taking Strategies.  
Academic Success Center (AA 229)

---

Monday 4/23 @ 10-2pm  
Crunch Time for Finals Kickoff  
Get last minute assistance & learn more about student support services!  
Stress Relief Giveaways provided to the first 30 students  
Academic Success Center (AA 229)

---

Tuesday 4/24 @ 12-4pm  
Crunch Time Spin & Win  
Complete a Student Life survey & win a NOVA Nighthawk Fidget Spinner  
Bisdorf Y-Area

---

Wednesday 4/25 - Thursday 5/3 @ 7  
Crunch Time Late Night Study Snack Break  
Bisdorf Library

---

Tuesday 5/1 - Thursday 5/3 @ 8am  
Crunch Time Grab & Go Breakfast  
Bisdorf Y-Area

---

Tuesday 5/1 @ 10am; Wednesday 5/2 @ 1pm; Thursday 5/3 @ 2pm  
Stress Relief Chair Massages  
Bisdorf Cafeteria

---

Wednesday 5/2 - 5/8  
Crunch Time GPS/MAN UP Snack Cart  
Bisdorf & AFA Study Areas

Sponsoring Partners: Academic Success Center, AL Library, MAN UP & GPS