

# Alabama University Programs Provide Holiday-Themed Stress-Free Environment During Dead Week

By Natalie R. Grosswald

TUSCALOOSA, Ala. – University of Alabama students get a chance to take a break from studying for finals in a fun stress-free environment at a Peanuts themed event, “Holiday Time is Here!” The Stress-Free Days events will be held from noon to 2 p.m. in the UASC Great Hall.

The event, hosted by University Programs, is designed to provide a stress-free environment where students can unwind with friends while spreading holiday cheer. Activities include DIY vases and mug decorating, cookies and milk, and a Peanuts themed photo booth.

“This is usually one of our more popular events,” said Gracelyn Hatchett, the event’s organizer.

“It’s a pop-up event where students can grab and go, making it easy for anyone to stop by,” Hatchett added.

Part of UA Division of Student Life, University Programs are events that are created by the students, for the students, and are free to all students.

“It gave me something to do because I don’t have to study so much this week,” said freshman Noel Hatchmaker when asked why she attended the event.

University Programs plans over 150 events during the school year. Their goal for this specific event was to provide a place for students to go to take a break from studying and appears to be a success.

“I’m glad to have stopped by the event and am excited to go to more University Programs next semester,” said sophomore Olivia Grace.

University Programs is a wonderful tool to help enhance the quality of student life. Check the student events calendar for more opportunities and programs for the spring semester. Happy Holidays!

