Work for Off-Campus Life or RamRide!

Are you looking for a student job on campus? Apply to join our fun, friendly, motivated team!

At Off-Campus Life, we are currently hiring for three positions: Program Assistant, Commuter Student Program Assistant, and Graphic Designer. The Graphic Designer produces all graphic designs for Off-Campus Life and RamRide including posters, electronic ads, bus ads, and t-shirts. The Program Assistant and Commuter Student Program Assistant provide a student with great experience in volunteer management, program planning and organization, and customer service.

RamRide is currently hiring for one position: Data Acquisition and Analysis Coordinator. This position provides a student with great experience in working with a large amount of data, producing reports, and suggesting improvements for the program based on the data. This position also works at night, giving students experience in volunteer management and training, working with different forms of technology, and responding to emergencies.

For more information about each of these positions, click on either of the links below

Off-Campus Life Applications  RamRide Application
The month of April has been designated Sexual Assault Awareness Month in the United States. The goal of this month is to educate communities and individuals on how to prevent sexual violence, as well as to spread a general awareness. Starting on April 4th, CSU’s Women and Gender Advocacy Center will be putting on various events including Secondary Survivor Workshops as well as panel discussions.

This year, two new events will be added to the program: #MeToo & Radical Self Love, which promotes healing for first and secondary survivors, and Alt. Breaks Digital Shorts & Panel, which will include screenings of short films made by survivors, followed by a panel composed of the student filmmakers.

Money Smart Week is Coming April 2nd-5th

During the week of April 2nd, Morgan Library will be hosting Money Smart Week. This is a week focusing on student success involving finances. Faculty and financial professionals will host a series of 16 presentations covering various topics including budgets, credit, loans, and more.

All of these events are free and open to students, staff, and the public. No registration is required.

Apply to Join Year 2 @ CSU's Board

Orientation and Transition Programs (OTP) is now accepting applications for positions on the Year 2 @ CSU board for the 2018-2019 academic year. This board provides an opportunity for students interested in assisting second-year students in their transition at CSU. The board consists of 5 members who work with various offices, departments, and organizations on the CSU campus to plan, market, and implement programs just for second-year students.
Available Positions

- Year 2 @ CSU Alternative Spring Break Site Leader/Year 2 Coordinator (2 positions available)
- Community Development & Marketing Coordinator
- Outdoor Experiences Coordinator
- Residential Experiences Coordinator

Online applications are due by Friday, April 6th at 5pm.

Apply Here

Volunteer for Project Homeless Connect!

Project Homeless Connect 2018 takes place on Friday, April 13th from 7am-1:30pm at the Aztlan Community Center here in Fort Collins. This event provides assistance for individuals and families that are currently experiencing homelessness. Rapid re-housing, basic medical exams, legal advice, and more are available for these individuals and families.

Volunteers that attend are matched with individuals and families to help them navigate the various services that will be provided for them that day. Additionally, all volunteers will receive a free t-shirt, a 1-hour volunteer training, and free transportation to/from the event from the CSU transit center.

Sign Up
Be Ready for Two-Factor Authentication

Beginning on **Wednesday, April 25th**, anyone using the secure.colostate.edu web portal or the Pulse Secure desktop will be required to log in with CSU’s new two-factor authentication system. This new authentication is meant to protect CSU students, staff, and faculty from both identity theft and hackers.

When logging in with this new system, you will first be prompted to enter your ename and password as usual. Then, you will need to verify this login either with the Duo Security app on your phone or a six-digit token that can be purchased at RamTech.

If you have any questions on how to sign up or when you'll need to activate your two-factor authentication, you can get help by calling the central help desk at (970) 491-7276, emailing help@colostate.edu or by stopping by the help desk in Morgan Library.

Learn More
Live with EHS Student Housing! If you live in this community, you will be able to meet new student interns just like you. EHS housing is complete with various amenities including AC, TV and WiFi in every room as well as private bathrooms, on-site laundry and fitness centers.

EHS also offers special rates for Pell Grant Award students staying in either EHS St. George Towers Residence in Brooklyn Heights or 1760 Third Avenue Residence on the Upper East Side during 2018.

Room confirmation is provided within 24 hours! For more information as well as to apply for summer housing in New York, call 800-297-4694 or visit the link below.
CSU Health Network Groups and Workshops

Did you know that CSU has one of the largest group therapy programs in the country?

CSU Health Network is committed to the care of body and mind for all students. Our staff is proud to offer specialized groups and workshops to help students reach their mental health goals.

Why should students participate in group therapy?

- **Because it works.** Research shows that nearly all people can benefit from group treatment.
and that group therapy is as effective, if not more effective, than individual therapy. Students can grow and flourish by connecting with others, learning new skills, and taking responsibility for making positive changes in their lives.

- **A place for everyone.** CSU Health Network is dedicated to creating a welcoming, supportive space in which students can be seen and valued in their entirety. All students and all identities are welcome.
- **No cost for participation.** There is no charge for students to participate in groups and workshops. Participation in groups and workshops does not count toward the five individual counseling sessions per semester that all students receive by paying their student fees.

### Spring 2018 Groups and Workshops

#### Therapy Groups

- **Understanding Self and Others: Interpersonal Process Groups**
  - This group helps students build deeper connections, learn more about what stands in their way in relating to others, and provides a safe, supportive space to practice new behaviors.

- **Theme Groups** - helping students connect with others who share common experiences, identities, and concerns.
  - Topics include: Alcohol and Other Drugs (AOD) Support Group; Body Positive; Coming Out, Being Out, and Questioning Support Group; Cultivating Courage; DBT Tools for Success; Advanced DBT Tools for Success; Depression: Darkness Before the Dawn; Grief Group; Man to Man; Mindful Yoga; Taming the Anxious Mind; Thesis and Dissertation Support Group; Transgender and Gender Fluid Support Group; Women of Color Support Group

#### Group Workshops - for those who want the opportunity to be educated, increase knowledge of resources, and build coping skills in certain areas of their lives.

- **Group Workshops**
  - Topics include: Alcohol and Other Drugs: The Mind Body Connection; Anger Management; Brain Scans; CannaBiz 101; Caring for Grief and Loss (new!); Eco-Spirituality (new!); Harm Reduction; Gender Issues; Live Safe 101; Mindfully Managing Stress; NADA Ear Acupuncture Group; Risk Management 101; Stages of Change; Values Clarification; Who Am I?

Students can register by calling the CSU Health Network at **(970) 491-7121**.

Additional info, including descriptions of the groups and workshops can be found through the link below!

More information

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**Off-Campus Life: Your Home Away from Home**

Our office offers a number of resources for student success. Take a Look!
Party Registration

Colorado State University and the City of Fort Collins have teamed up to create Party Registration. This is a service offered to CSU students (and all Fort Collins residents) as a way to avoid getting fines and other consequences from hosting a noisy party. Our office also provides students with helpful information in regards to throwing a successful party. If you would like to register a party, you can do so by visiting our office LSC, room 274. Please make sure to bring two forms of ID with you (Student ID, and State ID).

RentalSearch

Are you looking for a new place to live next year? CSU RentalSearch is a website that allows any CSU-affiliated person to look for places to live or to find possible roommates.

All you need is your eID and ePassword to log on and use the website.
Roommate Round-Ups

If you are looking for a roommate for either now or in the future, Roommate Roundup is a helpful resource. This resource is provided through the office of Off-Campus Life. This event is a meet and greet between people who are looking for roommates, and people who have housing. You can find the exact dates and locations for upcoming Roommate Round-Ups on the link to our calendar below!

Try the New RamRide App

RamRide, CSU’s safe-ride program, now has a free app you can download to request your free ride! The app is available in both the iOS and Google Play stores.

RamRide operates Thursdays, 10pm-2am, Fridays and Saturdays, 10pm-3am. Request a ride during RamRide’s operational hours for a free, safe, non-judgemental ride home in Fort Collins.

Check Out the 2018 Handbook

Distributed to over 32,000 CSU students and families, the Off-Campus Life Student Handbook includes a guide on how to find a place to live, lease signing, good neighboring and roommate tips, utilities information, local ordinances, and much more!

Tips and Tricks to a Successful Semester
Bike Registration:
Protect your bicycle by registering with the CSU Police Department. Bike registration costs $10 for CSU students and increases the return rate of stolen bikes. Click here for more information.

Book Reservation:
Avoid the stress of purchasing books by reserving them at the Lory Student Center or online. Choose between new, used, or rental textbooks to fulfill your studying needs. Follow the link below for more information.

Try a Counseling Session:
As a CSU student, you are allotted five free counseling sessions per semester. Check out the new CSU Health and Medical Center and take care of your mental health while experiencing college. Click here for more information.

Reserving a Study Room:
The phenomenal CSU library provides study rooms for individuals or groups wishing to study independently. Contact the front desk of the Morgan Library. Follow the link for more information.
Get Academic Help with Tutoring:

TILT Tutoring provides an opportunity to participate in active learning in various subjects facilitated by a trained tutor and to work closely with peers who are taking the same class as yourself. PACe, The Campus Writing Center, as well as the individual colleges throughout campus have resources for academic advising and tutoring.

Embrace Fitness Classes:

Try one of our many fitness classes available at the CSU recreational center. Workouts such as Yoga, Boxing, and Zumba all available to you. Contact the rec center front desk for times and dates.

Recipe of the Month

Fiesta Turkey Tortilla Soup

Ingredients:
- 4 cans (14-1/2 ounces each) chicken broth
- 3 cups shredded cooked turkey or rotisserie chicken
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (15-1/4 ounces) whole kernel corn, drained
- 1/2 cup medium salsa
Directions
1. Combine the first five ingredients; bring to a boil. Reduce heat; simmer for 10 minutes, stirring occasionally.
2. Meanwhile, spread tortilla strips in a single layer on a baking sheet. Bake at 400° 4-6 minutes or until golden brown and crisp.
3. Stir cilantro into soup. Top servings with tortilla strips. If desired, serve with additional salsa.