

First Year Commuter Student Newsletter

Need Some Puppy Love to Prepare for Finals?

On **Wednesday, December 6th**, a group of therapy dogs from the Human Animal Bond in Colorado (HABIC) Program will be visiting the Morgan Library! From **12:00pm - 1:00pm**, take a break from classes and head over to the Morgan Library Event Hall. Spending time with these furry friends is sure to get you through this ruff week!

Puppy love will also be available tomorrow, **December 5th**, and Friday, **December 8th**, from **5:30pm-8:30pm** in **LSC room 226-28**.



From Sunday through Wednesday, the LSC will offer 50% off of food during extended dining services hours – 8 p.m. to midnight – from various food court vendors each day, as well as 50% off coffee at Sweet Sensations and Intermissions from 7 p.m. to 10 p.m. If you need a quiet place to focus, the LSC will have reserved rooms specifically for studying.

The building will be open until midnight each night to accommodate for late study sessions. The Laptop and Technology Check-Out Desk will have extended hours (until 10 p.m. Sunday, and until midnight Monday through Wednesday) as well for your convenience. Finally, the building will offer massages, games, and coloring books (with colored pencils) to help students to unwind. You can even win prizes from the CSU Bookstore by filling out a short assessment form (visit the LSC Campus Information and Box Office for details)!

For a full schedule of study room availability, Dining Service Deals, and activities, visit the link below!

[More Information](#)



Apply to be a Reisher or Puksta Scholar

Are you a highly motivated, hard-working student with a passion for volunteering? Apply for either the Reisher Scholars Program or Puksta Scholars Program! In order to apply, you must attend one of the following informational sessions.

PUKSTA/REISHER Scholarship Information Sessions

| | | |
|--------|--------------|----------------------------|
| DEC 5 | 12:00-1:00pm | Stadium East #02 02 |
| DEC 6 | 5:00-6:00pm | Stadium East #02 02 |
| JAN 22 | 12:00-1:00pm | Stadium East #02 02 |
| JAN 23 | 12:00-1:00pm | Stadium East #02 02 |
| JAN 23 | 5:00-6:00pm | Lory Student Center #3 2 2 |
| JAN 24 | 12:00-1:00pm | Stadium East #02 02 |
| JAN 25 | 12:00-1:00pm | Stadium East #02 02 |
| JAN 26 | 12:00-1:00pm | Stadium East #02 02 |

There are two application deadlines for the Reischer Scholarship. For continuing candidates, the deadline is February 1st, 2018. For Transfer candidates, the deadline is May 1st, 2018.

The application deadline for the Puksta Scholarship is March 1st, 2018.

For additional information such as qualification requirements and application instructions, visit the link below, then click "Community for Excellence Scholar Programs".

[Apply Here](#)





MINDFUL

DROP-IN GROUP

Join us and learn how to manage stress, improve focus, boost the immune system and promote health and well-being.

FREE for students, staff and faculty

Arden@csu.edu

WEDNESDAYS | 12:10 - 1:00 p.m. | LSC 324

Sept. 13 - Dec. 6

(Lory Student Center)

No meeting over fall break

On 9/27, located in LSC 312



CSU HEALTH NETWORK
COLORADO STATE UNIVERSITY

Questions? Contact Viviane at vabt@colostate.edu or at (970) 491-4724





Who is a foodie? Foodies are people who simply love food for consumption, study, preparation, and recreation. Foodies wish to learn everything about food, the best and the ordinary, and take in the science, industry, history, and characters surrounding food. Culinary shops in Downtown Fort Collins focus on unique quality ingredients, locally sourced and organic produce in their shops. The Fort Collins Foodie Walk offers a way for people to explore and enjoy the world of food and spices! Scroll down to view all Foodie Walk participants, and their specials for each month.

This month's walk will take place on **December 15th**, and it's completely **free** to the public! Celebrate the end of the semester with a fun, self-guided walk in Old Town.

[More Information](#)



Final Exam Studying Tips

Final exams are only one week away, so if you haven't started studying yet, now is the time! Over the course of these next few weeks, it's very important to engage in **time management** by planning out your schedule in advance. **Prioritize** by deciding which finals you will need to spend the most time on, **form study groups**, **free your schedule**, and **ask for help** when you need it. Your health is also very important to take care of when you're stressed out, so **exercise** and make sure to get between 7-9 hours of **sleep** each night. For some additional study tips, keep reading!

- 1. Study at a Coffee Shop:** If you love the smell of coffee and the sound of quiet chatter, Fort Collins has many local coffee shops located around the city. [Wild Boar Cafe](#), [Alleycat](#), [Bindle Coffee](#), [The Bean Cycle](#), and [Starry Night Cafe](#) are just a few that are great for studying.
- 2. Create a Game:** Often times study groups can help improve a person's understanding of a subject. One way to study in a group would be to create a game or alter an existing game to help improve concentration. An example of this could be the game of HORSE. You can change it so that every time a member misses a shot they have to answer a question pertaining to the class. However, if they can't answer the question then they get a letter added on.
- 3. Study Inside, Take Breaks Outside:** If you are unable to concentrate outside another option would be to find a place indoors that is conducive to studying, and start preparing for finals. Then after a bit of time studying take a break and go outside, partake in a short activity that you enjoy and will give you a break from thinking about your classes and exams.
- 4. Get Creative:** Studying is unique to each individual, and knowing the most effective way that you study is important. After you know the best way to study and meet your needs you can better tailor studying outside to be effective. This could include things such as finding a secluded spot, getting an outside chair that is comfortable, creating your own type of learning games or moving around while studying.

There are many effective ways to study, but the important thing is to find the way that is effective for you. Above are only a few options that can meet your needs, but there are many more that can be even better. Explore the many options suggested through places such as [TILT](#) to find the ones that meet your needs.



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.

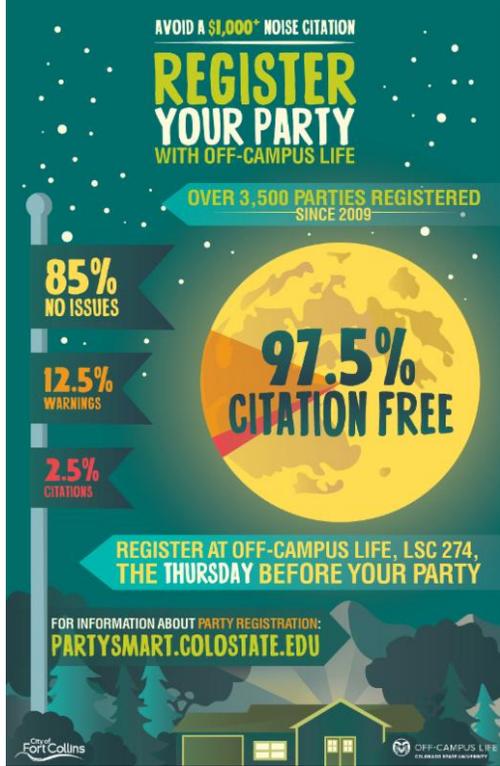
Additional info, including descriptions of the groups and workshops can be found through the link below!

[More information](#)



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).

[Register Here](#)

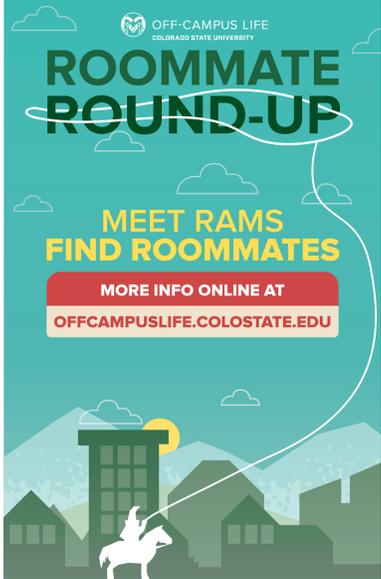


RentalSearch

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.

[Rental Search](#)



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!

[Visit our website](#)



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.

[More Information](#)

Check Out the 2017 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!

[Student Handbook](#)



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.

[Bike Registration](#)



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.

[Book Reservation](#)



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.

[Counseling Services](#)



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.

[Reserve a Study Room](#)



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.

Tutoring and Advising



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.

Recreation Center



Recipe of the Month

Tortellini Soup with Spinach and Tomatoes

Ingredients:

- 1 Tbsp. olive oil
- 1 tsp. minced garlic (about 2 cloves)
- 32 oz. reduced-sodium chicken or vegetable broth

- 9 oz. whole wheat or regular cheese tortellini (sold refrigerated)
- 15 oz. no-salt added diced tomatoes, with their liquid
- 1/4 tsp. black pepper
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 3 cups baby spinach
- 1/4 cup shredded Parmesan cheese, or to taste



Directions

1. In a large saucepan, heat the olive oil over medium-high heat. Sauté the garlic for one minute, then stir in the broth. Bring it to a boil, and then add the tortellini, tomatoes, pepper, basil and oregano.
2. Reduce the heat to keep it at a low boil for 7 minutes. Add the spinach. Simmer it for 2 more minutes, then remove it from the heat and serve it immediately, topped with Parmesan cheese.

[Full Recipe](#)

