Happy 2018 Rams!

Welcome back! We hope that you've had a wonderful break and got to spend time with friends and family (and family pets). Whether you had the opportunity to travel or simply spent some well-deserved time with Netflix, we hope that you're ready and rejuvenated for the new semester.

The spring semester is a chance for a fresh start, both with your personal and school lives. There are endless possibilities ahead of you for the new year! There is no limit to what you can achieve at Colorado State this year! CSU offers so many opportunities to help every student succeed and have the best college experience. Have you been studying extra to finally get that 4.0 you’ve wanted? Go to the TILT building to get free tutoring! Want to join that organization that always seemed so interesting? Go to the SLiCE office! You can even start your own!

Don’t put off starting all the new things you have wanted to do. Being in college is the best time to try different activities and there are endless opportunities to get involved. There is never a better time than NOW to put yourself out there.

In order to try all these new things, keep everything in perspective. Give yourself manageable goals; once you’ve reached them you will be amazed by what you’ve accomplished.

So try new things, set goals for yourself, and let 2018 be the best year yet!
Staying Healthy This Semester

With flu season among us, it’s important to stay healthy during these next few months. With the seasonal flu expected to peak in January and February, it is important to take the proper precautions to keep yourself happy and healthy for a new semester.

- Wash hands with soap and water several times throughout the day
- Avoid touching your eyes, nose and mouth with your hands
- Cover your mouth when you cough or sneeze
- Don’t share drinks
- Get regular exercise
- Receive the seasonal flu vaccine

A great resource on campus for all health questions and concerns is the CSU Health and Medical Center. Visit this facility for vaccinations, checkups, and cold and flu care packages.

Call (970) 491-7121 to make an appointment or stop by while you’re on campus!

The Most Common New Year’s Resolutions for 2018

"Which of the following are you planning to include among your New Year’s resolutions?"

- Eat healthier: 37%
- Get more exercise: 37%
- Save (more) money: 37%
- Focus on self-care (e.g. get more sleep): 24%
- Read more: 18%
- Make new friends: 15%
- Learn a new skill: 15%
- Get a (new) job: 14%
- Take up a new hobby: 13%
- I don’t plan on making new year’s resolutions: 32%

Multiple responses possible
Source: YouGov

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**

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<tr>
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<td>12:00-1:00pm</td>
<td>Stadium East #02.02</td>
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<td>DEC 6</td>
<td>5:00-6:00pm</td>
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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

Apply to be a Student Fee Review Board Member!

The Student Fee Review Board (SFRB) oversees the allocation of more than $55 million dollars in student fees. Student activity fees fund 19 different fee funded areas including the Lory Student Center, Campus Recreation Center, CSU Health and Medical Center, University Facility Fee, Athletics, and many more.

SFRB acts as the student voice to the Board of Governors in consideration of fee requests. Student representatives on SFRB learn in detail about the many services offered by the fee funded areas, assess each area’s budget, and give feedback about the utility of the services offered and proposed by each fee-funded office director. It is the responsibility of SFRB to ensure that students’ money is effectively and responsibly used to benefit students.

This is a semester-long commitment, and all applications need to be submitted in person to the ASCSU front desk or by emailing ascsu_vice_president@mail.colostate.edu by 5:00pm on Thursday, January 18th.
Rent a Locker in the LSC

We offer 3 different size lockers to students on campus. These quarter, full, and half-size lockers are located around the LSC and cost $20 - $30 per semester.

To rent a locker for the spring semester, stop by our office (room 274, right by the bookstore) with your Student ID. The fee will be charged directly to your student account.

Looking for a New Rental Home?

Check out the Spring Housing Fair!
The Housing Fair is a free annual event that takes place in the Lory Student Center Main Ballroom. You can meet with landlords, realtors, and property management companies. This year the Housing Fair will be held on Wednesday, February 7th from 9am to 4pm. You will have a chance to win door prizes including the annual grand prize!

Click here for more information.

Visit our online RentalSearch website!
RentalSearch is a free rental database that helps students connect with housing opportunities across the Fort Collins community. Simply log on with your student EID and password then search numerous daily updated rental listings, whether vacant or shared, or post your own!

Click here for more information.

Visit our online Apartment Complex List and Property Management List!
If you are specifically looking to live in an apartment, our Apartment Complex List is a comprehensive spreadsheet of apartment complexes either located near campus or geared towards students. For each apartment complex listed, contact information as well as information about bedroom options, cost of rent, available amenities, etc. is included.

If you are looking to live in a house, our Property Management List includes contact information and website links for various property managers in the area. By giving them a call or visiting their websites, you'll be able to learn about what rentals they currently have available.

Attend a Roommate Roundup!
These events are designed to bring people together who are in need of a roommate. Off-Campus Life staff present a quick overview of the services provided by the office and talk about good roommating practices and then potential roommates have the opportunity to introduce themselves and talk in a comfortable, casual environment.

For a calendar with upcoming dates, click here.

Use various, other local resources to search for housing such as...
Newspapers (ex. The Collegian, The Coloradoan)
Local realtors
NorthernColoradoRentals.com
Craigslist.com (be careful of rental scams!)
Bulletin boards in public locations (ex. coffee shops)
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!

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.

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

Loaded Burrito Bowl

Ingredients:
- 1 c. white rice
- kosher salt
- 1 tsp. extra-virgin olive oil
- 1 lb. ground beef (can substitute black beans)
- 1 tbsp. chili seasoning
Directions
1. In a small pot, cook rice according to package instructions with 1/2 a teaspoon salt. Fluff with a fork and keep warm.
2. Meanwhile, in a large cast-iron skillet, add oil and cook ground beef until browned, breaking up meat with a wooden spoon. Remove excess oil with a spoon and discard. Add chili seasoning, salt, pepper, and Monterey Jack. Just before serving, fold cilantro into the rice.
3. Assemble burrito bowl: To a bowl, add a large spoonful of cilantro rice, cheesy beef, pico de gallo, guacamole, cheddar, and a handful of broken tortilla chips. Top with sour cream and serve immediately.