Did you know that this week is Body Acceptance Week? CSU's Body Acceptance Week committee has been putting on events over the course of the past few days, but if you missed these, you still have a chance to attend **Introduction to Intuitive Eating today at 2pm**. This event will be held in the **Kendall Reagan Nutritional Center** within the Health and Medical Center.

**Event Description**
Join an interactive workshop to learn how to eat more intuitively by listening to your hunger and honoring your body. This workshop will be an introduction to the principles of intuitive eating and how you can use them in everyday life.

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**Practice Sun Safety this Spring Break**

Are you planning on escaping the Colorado cold and traveling somewhere tropical for spring break this year? Even if you’re simply enjoying a week off in the mountains, it’s extremely important to be aware of the amount of sun exposure that you’re getting as well as how to prevent skin cancer.

Each year, more new cases of skin cancer are diagnosed in the United States than new cases of breast, prostate, lung, and colon cancer combined. In fact, one in five Americans will develop skin cancer in their lifetime. Melanoma is one of the most common types of cancers among adolescents and young adults.
Even though you may be wanting to come back from break with a tan to show off, tans (and sunburns) are signs of skin damage due to too much exposure to UV rays. Long term exposure to these UV rays, either from natural sunlight or indoor tanning booths, can cause various negative effects on the body and skin.

Whenever you head outdoors, remember the "Five S's of Sun Protection!"

1. SLIP on sun-protective clothing.
2. SLOP on SPF30+ sunscreen, and reapply every two hours.
3. SLAP on a broad-brimmed hat.
4. SEEK shade.
5. SLIDE on sunglasses.

These are important to remember even when you only plan on being outside for a short amount of time. Have a happy spring break, Rams!
Get Inspired with TED x CSU!

TEDx is a locally organized event that is partnered with Colorado State University to bring a TED-like experience to campus. TEDTalks video as well as live speakers are combined at the event to encourage discussion and connection within the small group attending.

This month, the theme is "What if..." and the event will be held in the Lory Student Center Theatre on Sunday, March 25th from 10:00am-5:30pm. Speakers include biomedical scientist Anca Selariu, graduate student, Kodi Phelps, academic advisor Patrice Palmer, and many more.

Tickets for CSU students are only $5! For more information about the event and the speakers, as well as to purchase tickets visit the link below.

More Information
Apply to be a Ram Welcome Leader

Orientation and Transition Programs is now accepting applications for the 2018 Ram Welcome Leader position! They will be hiring an estimated **260 students** to serve in this role this year, which is a volunteer experience.

Ram Welcome Leaders serve as the primary mentors and role models for new students, families and guests during the Ram Welcome program by:

- Serving as the primary student leadership team behind the implementation of the Ram Welcome program by guiding and connecting new students.
- Working collaboratively as part of a larger Orientation Team (which includes both Orientation Leaders and Ram Welcome Leaders) and with Residence Life Staff ( Resident Assistants, Inclusive Community Assistants and other student leaders) to ensure that students are attending Ram Welcome events.
- Leading a small group of students through the Ram Welcome experience by setting a positive tone, creating excitement and energy for Ram Welcome events as well as facilitating formal small group meetings and informal discussions over meals with students regarding the transition to CSU.
- Attending an extensive two day leadership development training.
- Demonstrating to new students what it means to be a CSU Ram.

Past Ram Welcome Leaders have unanimously agreed that the experience reinforced CSU pride and tradition and provided them with the opportunity to enhance their commitment to CSU as well as their leadership development.

**Applications are due online March 28, 2018 by 11:59pm!**
The Office of Student Leadership, Involvement Community Engagement (SLiCE) is currently seeking applications for the President's Leadership Program (PLP).

Established in 1989 as a one-year program, CSU’s President’s Leadership Program has grown to a three year, fourteen credit leadership development experience for undergraduate students. PLP is a comprehensive leadership development experience that offers year-long academic courses designed for students to experientially explore the personal, organizational, and social dimensions of leadership.

In addition to class, students participate in retreats and service projects that allow them to apply the knowledge and training acquired in class. Currently, three separate leadership courses are offered at the introductory, intermediate, and advanced level, and students may choose to take one or more courses during their academic career.

Applications are due online March 28, 2018 by 11:59pm!
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.

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### 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.
    - 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!

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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!
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

Cheesy Spinach Pesto Flatbread

Ingredients:
- 2 packaged naan flatbreads or 1 cooked thin-crust pizza crust
- 1/2 c. pesto
- 6 oz. fresh mozzarella, shredded
- 1/3 c. baby spinach
Directions
1. Preheat oven to 425º. Line a baking sheet with parchment paper or a silicone baking mat and set aside.
2. Spread pesto evenly over flatbreads or pizza crust. Sprinkle evenly with mozzarella, top with spinach, then sprinkle with red pepper flakes.
3. Bake until cheese is bubbling, 10 to 13 minutes. Remove from oven and slice warm.