10th Anniversary

De-stress with 
DOGS

6-8 p.m.
May 1 and 3
LSC Rm. 226 - 228

Please do not bring your own personal dog or service dog. Disability accommodations available with prior arrangement. Call 970-491-6385.
Study at the LSC During Finals Week

From **Sunday, May 6th to Wednesday, May 9th**, visit the Lory Student Center for all of your study needs. From Saturday to Thursday, a handful of study rooms will be available if you prefer a quiet place to work. The building will be open until midnight so that you have plenty of time to get your projects done, and the Laptop and Technology Check-Out Desk will also have extended hours.

From **7:00pm-midnight** each night, different food court vendors such as The Bagel Place will offer 50% off deals on food! Either Sweet Sinsations or Intermissions will also be offering 50% off of coffee from 7:00pm-10:00pm so that you can get your caffeine fix and push through the last week before summer break.

**More Information**

---

Bounce Back From Failure

"If you’ve ever experienced failure, you’re not alone. There are steps we can take to help us cope, learn, and grow from life’s inevitable difficulties. We encourage you to embrace the potential that resides in failure because there is so much it can teach us."
Rams Fail Forward is a program that invites "you to join in helping CSU normalize failure and cultivate a resilient, authentic, and compassionate campus community". Topics covered include Face It and Embrace It, Invite the Truth, Learn From It, and Break the Stigma. Click here to visit the website which provides more information as well as links to workshops and other resources.

It's Almost Summer, Rams!

Congratulations on making it through your first year of college! This is a huge accomplishment for many, and is just the beginning. After less than two more weeks of classes and finals, it will be summer break. Some Rams choose to spend their summer far away, while others stay to enjoy the sunshine in Fort Collins. If you choose to stay in town, here are a few events that will keep you busy.

- **Larimer County Farmers Market**: Every Saturday morning, May 19 to October 27, from 8:00am to 12:00pm. Stop by 200 W. Oak St. to shop farm-fresh produce, meat, eggs, honey, herbs, flowers, coffee, kombucha, pastries, crafts, and so much more! They’ll have live music, yoga, and other special events throughout the season.
- **Downtown Sessions Concert Series**: A Friday evening concert series held on June 1st, July 6th, August 3rd, September 7th, and October 5th from 6:00pm-9:00pm on the Old Town Square Stage. A diverse line-up of small-medium sized Colorado musical acts will be featured, and the concerts are FREE and open to the public.
- **Taste of Fort Collins**: On June 8th-10th, the festival offers attendees food from local and national restaurants, entertainment from regionally and internationally acclaimed musicians including Judah & the Lion, and an eclectic display of fine artisans’ work as well as the region’s best crafters. It costs approximately $10 for a one-day pass, or $25 for a three-day pass.
- **Outdoor Movie Night in Old Town Square**: This free, family-friendly event will have free popcorn and feature a new movie on Tuesday evenings on a blow up screen on the Old Town Square Stage, starting at dusk, between 8:15pm and 8:30pm on Tuesday evenings from July 10th to August 14th. Movies on the lineup include Ghostbusters and Inside Out.
- **Bohemian Nights at NewWestFest**: Bohemian Nights at NewWestFest is a free, three-day music festival held each August in historic downtown Fort Collins. The 2018 festival will
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.
    - 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
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.

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!

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.

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.

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.
Recipe of the Month

Creamy Pesto Pasta

Ingredients:
- 1 cup of pesto (OCL staff recommends Buitoni!)
- 2 tbsp extra virgin olive oil
- 1/4 cup heavy cream
- Salt and pepper to taste
- 1 pound favorite pasta, cooked

Directions
1. Heat olive oil over medium heat.
2. Add pesto and mix into the oil. Be sure to stir often as the pesto warms.
3. When the pesto is warmed and just a little bubbly, slowly stream in the heavy cream as you stir. (You can always add more cream it you’d like.)
4. Add some pasta water to thin out the sauce, if needed.
5. Turn down the heat and continue to stir to incorporate the cream and pesto. Salt and pepper to taste.

Full Recipe