Sign up for Fall Clean-Up!

Fall Clean-Up is a great opportunity for students to help neighbors in need. The program is aimed at assisting elderly or disabled neighbors in the Fort Collins area with yard work that they cannot complete themselves or cannot afford to pay someone to do. This program helps facilitate positive relations between the long-term residents in Fort Collins and CSU students, while also helping the neighbors to maintain their properties and stay in compliance with city codes.

Fall Clean Up will take place on Saturday, November 4, 2017 from 9:30 am-2:00 pm (volunteer check-in is at 9:00 am in the North ballroom in the Lory Student Center on the CSU campus).

Groups of 6 or more can register by following the link below!

Register Here

Off-Campus Life Advisory Board

Are you currently living off campus? Do you have ideas that could help the university provide better services related to your needs as an off-campus student?

Off-Campus Life needs your input!!! Join our Advisory Board!

We are in need of 6-8 students to serve as a sounding board for OCL services and programs that are funded by student fees. We need students to provide input on long-range goals and objectives, review current services, programs, and budgets, and make recommendations. The Board will meet three times a semester and the meetings should be no more than 1 ½ hours in duration. No
additional work is required outside of the meeting, and we will work around your class schedule. We just need your feedback and insights! The meetings usually take place around lunch time, and we provide a feel lunch for all board members!

Off-Campus Life provides services for students who are moving or living off campus, including assistance with off-campus housing options, student/long-term resident relations, good neighboring, codes and ordinance education, etc. These services are supported through student fees and therefore we need the insights of a student advisory board.

If you are interested in being on the Advisory Board or would like more information, please contact Nancy Rhodes, Off-Campus Life; LSC room 274, 491-2248.
Start STRONG and create your college success plan!

Engage in Your Classes
Introduce yourself to your professors during office hours or before/after class
Create a semester calendar for assignments, readings, papers and exams
Study 2 hours outside class for every hour spent in class, to reinforce learning
Read, take notes, review and summarize

Meet with your Advisor/ Academic Success Coordinator (ASC)
Locate your Advisor/ASC on RAMweb
Share your passions, goals, strengths, and challenges
Learn about campus resources and strategies for success
Grab a blanket and head to the West Lawn for Cinema Under the Stars, an outdoor movie event! Join the Lory Student Center for Pirates of the Caribbean- Dead Men Tell No Tales, as well as movie trivia, face painting, and much more before each movie begins at 7:30 pm. Don’t miss out this incredible FREE event under the Colorado night sky!

More Information
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 therapy.

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**

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

Sept. 13 - Dec. 6
No meeting over fall break
On 9/27, located in LSC 312

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

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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

**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
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).

**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.

**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. Check out the new CSU hospital 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.

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

MOZZARELLA STUFFED MEATBALLS

Ingredients:
- 1 and ½ pounds ground beef (85-90% lean)
- ⅓ cup breadcrumbs
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- 1 egg
- 2 tablespoons water
- 6 ounces mozzarella cheese, cut into ½ inch cubes
- 3 cups marinara sauce (homemade or store bought), warmed
- 2 tablespoons chopped fresh parsley
- cooking spray

Directions
1. Preheat the broiler. Line a sheet pan with foil and coat the foil with cooking spray.
2. Place the beef, breadcrumbs, salt, pepper, garlic powder, oregano, egg and water in a bowl; mix until thoroughly combined. You may need to add more water, 1 tablespoon at a time, to get a smooth mixture.
3. Take approximately 2 tablespoons of the meat mixture and roll it into a ball. Press a cube of cheese into the ball of meat, making sure that the meat completely surrounds the cheese. Place the meatball on the sheet pan and repeat with remaining meat and cheese.
4. Spray the tops of the meatballs with cooking spray. Broil for 10 minutes or until meatballs are just done - do not overcook or the cheese filling may start to spill out.
5. Place the meatballs on a plate and pour the marinara sauce over the top, Sprinkle with parsley and serve immediately.

Full Recipe