



First-Year Commuter Newsletter

Welcome to the new year, Rams! I think we can all agree 2020 was pretty weird; fingers crossed 2021 is a bit closer to normal.

I hope you're all having a nice and relaxing winter break. Break is not only for spending time with friends and family, but for carving out some time for yourself. Rolling into the Spring semester can feel different, especially with the long summer break following. So, remember to get re-organized with all of the commotion that a new semester brings.

But, we still have a couple of weeks left in break, so get some fresh air, have some fun, and come back to campus refreshed and ready to go.

Best,
Tamara

New Year's Resolutions



At the start of a new year, it's common to focus on things you want to change - especially after all of the strangeness of 2020. But, you

shouldn't overlook the things you're already trying to do. Don't get stuck on trying to completely transform yourself as a new person; remember to focus on the now and how you're doing.

Here are a few positive change ideas we all should focus on all year, every year.

- Be kinder
- Read more
- Laugh more
- Walk outside more
- Say no
- Put the phone down
- Talk more to those you love
- Take time and space for yourself

How to Maintain a Good GPA (while remembering you are not your GPA)

We can all use a few tips to maintain our study habits as we get into the second semester of the academic year.

- Create a study guide
- Take good notes
- Don't be afraid to ask for help
- Go to class (even if it's online)
- Create a study station
- Don't ignore the little assignments
- Motivate yourself
- Focus on what interests you
- Be disciplined and organized
- Most of all, find a balance



YOU ≠ YOUR GPA

While maintaining good grades is beneficial, there are plenty of other things that you should also remember to do while you're in college.

- Laugh and have some fun
- Try new things
- Network
- Sleep
- Join a club
- Hang out with friends - or pets!



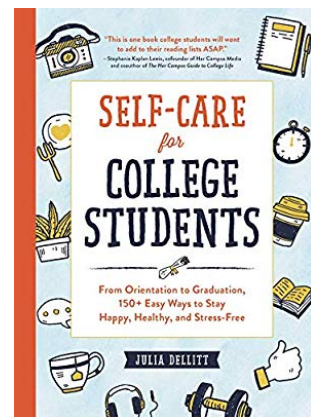
Looking for a New Place to Live Next Fall?



Colorado State University's 36th Housing Fair, and first ever Virtual Housing Fair, will take place on February 3rd, 2021 from 10:00 AM to 4:00 PM. The Housing Fair brings together property management companies, landlords, realtors, other community resources, and CSU offices to inform students about their housing options and provide guidance on how to successfully live off campus. Best of all, it's free for CSU students - all you have to do is drop in! Check out the details [here](#).

Tips to Stay Healthy This Semester

- Clean your living space often
- Get enough sleep each night
- Exercise and keep active
- Eat whole, healthy meals
- Listen to your body & mind
- Talk it out with friends and family
- Drink lots of water
- Consider getting a guide to help
- But most of all... celebrate yourself and your accomplishments!



Get Involved on Campus



Colorado State University's virtual Spring 2021 Involvement Expo is a great way to connect with registered student organizations (RSOs), offices, and resources at CSU. One of the best things about college is networking with people who share similar interests. Joining a student organization (even if it's online right now) gives you the chance to

explore career opportunities, build community through shared cultural experiences or expand your knowledge, explore your spirituality and connect with others who practice a similar faith, and learn what it takes to reach your goals. The virtual Spring 2021 Involvement Expo will take place from January 25th through February 8th, and will be presented on Flipgrid, RamLink, and Instagram Takeover. General info can be found [here](#); click on the "For Students and CSU Community" drop down for more details.

Calling All Skiers and Boarders!

SkiSU provides round-trip transportation between CSU and the designated ski resort for \$20 per student (you'll need to make your own arrangements for equipment, lift tickets and any reservation required by the resort). Buses depart at 6:00 am from the bus stop at Plum and Meridian (across from Parmalee Hall) and return to campus at the end of the day. Because of the pandemic, trips are limited to 24 passengers this year, so make your reservations early! Click [here](#) for details and to make your reservation.

The trips scheduled for 2021 include:

- Saturday, Jan. 23rd to Copper
- Saturday, Jan. 30th to Winter Park
- Saturday, Feb. 6th to Arapahoe Basin
- Saturday, Feb. 13th to Eldora
- Saturday, Feb. 20th to Keystone
- Sunday, Feb. 21st to Copper
- Saturday, Feb. 27th to Steamboat
- Sunday, Feb. 28th to Arapahoe Basin
- Saturday, Mar. 6th to Keystone
- Saturday, Mar. 27th to Breckenridge
- Sunday, Mar. 28th to Steamboat
- Saturday, Apr. 3rd to Copper



Recipe of the Month

Greek Tomato Soup with Orzo

Prep Time: 10 min. Cook Time: 25 min.
Makes 4 servings.

Ingredients:

2 tablespoons olive oil

1 medium onion, chopped
1-1/4 cups uncooked whole wheat orzo pasta
2 cans (14-1/2 ounces each) whole tomatoes, undrained, coarsely chopped
3 cups reduced-sodium chicken broth
2 teaspoons dried oregano
1/4 teaspoon salt
1/4 teaspoon pepper
Optional: Crumbled feta cheese and minced fresh basil



Directions:

In large saucepan, heat oil over medium heat; sauté onion until tender, 3-5 minutes. Add orzo; cook and stir until lightly toasted. Stir in tomatoes, broth and seasonings; bring to a boil. Reduce heat; simmer, covered, until orzo is tender, 15-20 minutes, stirring occasionally. If desired, top with feta and basil.

Freeze leftover cooled soup in freezer containers. To reheat, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little broth or water if necessary.

[Full Recipe](#)