Happy April, Rams!

So, Happy Quarantine 2020. This semester has undoubtedly took an unexpected turn. There are a lot of new changes that are being made over the course of the semester. So, it’s normal to feel anxious, frustrated, or worried about what is to come. I want to assure you that it’s okay to feel how you feel about the current situation. It’s okay to accept those feelings and emotions that surround what’s going on.

As First-Year Commuters, I can imagine your first year of your college journey didn’t exactly start off the way you thought it would. I can assure you that in the midst of this, we are all coming together to do what’s best for everyone moving forward with the best intentions possible. We are all in this together, and we will all get through this together!

I hope you had a restful Spring Break and remember to keep your heads held high!

Kindly,
Topazio

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Managing Fears and Anxiety around COVID-19

**Getting the Facts**

Get the facts. It is helpful to stay up to date with credible news sources. The best places to get accurate, updated information on COVID-19 are:

- CSU Information
- U.S. Centers for Disease Control and Prevention

**Keep Things in Perspective**

Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you’ll want to keep informed — especially if you have loved ones in affected countries — remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.

**Be Mindful About Your Assumptions About Others**

Someone who has a cough or a fever does not necessarily have COVID-19 – the nation is also experiencing a significant flu season. Self-awareness is important in not stigmatizing others in our community.
Stay Healthy

Adopt healthy hygienic habits such as regularly washing your hands with soap and water for 20 seconds, especially after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home while sick. Try to get adequate sleep and eat healthy foods to support your immune system.

Keep Connected

Maintaining social networks can help maintain a sense of normalcy and provide valuable outlets for sharing feelings and relieving stress.

Tips for Succeeding in Distance Courses

Familiarize Yourself With the Tech

Different instructors may use different platforms—most (maybe all) will use Canvas, but some may also use other platforms. Use the available help resources provided by each. There will be a learning curve, but you’ll figure things out quickly. Teachers are of course preparing this for us, but try to be mindful and patient with the process.

Practice Good Time Management Skills
The increased flexibility is huge advantage of online learning, but it can be a major problem if you procrastinate, struggle to stick to a routine, or need frequent in-class reminders for when things are due. Review the most updated syllabus for each of your courses, and develop a week-by-week plan for completing major assignments. Then make a daily “To Do” list and enjoy checking things off as you complete them. Read the announcements your instructor posts in Canvas and adjust your plans accordingly. It takes effort to develop good time management habits, but now is a perfect time to hone those skills, and your future self will thank you for doing so.

Establish a Good Study Space

To the extent possible, claim a space that offers relative peace and quiet, free from distractions like TV or conversations with roommates or family. Establish “learning times” during which you silence your phone, turn off alerts, and keep your browsers, games, and social media off. Use noise-cancelling headphones if you have them. Do your best to consider ergonomics, adjusting your chair, keyboard, and screen position so you are comfortable. Adjust the lighting to minimize eye strain. Brew some coffee or tea.

Actively Engaged

Whether in-person or online, active learning is effective learning. The online environment generally lends itself well to this. If your class no longer requires you to “be present” at a specific time, choose times to engage the material when you are usually alert and motivated. Throw yourself into the discussion boards (figuratively, please). Ask thoughtful questions. Read or view videos and take vigorous notes, ideally by hand. Quiz yourself frequently. Spread your studying across several days rather than cramming in one night. Use all the resources available to you until you are confident you’ve grasped the material. Reach out if you are struggling or have concerns.

Communicate

Communication skills are absolutely key in distance learning. Your instructors and TAs are available and willing to help, but they won’t be able to pick up on nonverbal cues like looks of confusion on your face. It is up to you to reach out. Look at the syllabus
for the best ways to interact with a particular instructor or TA—e.g., email, discussion groups, live chat office hours, phone, text, Skype. It may feel awkward to connect in these ways, but don't worry and don't be shy. Your instructors and TAs are there to help, they want to help, and it's their job to help. Treat other people with respect and courtesy.

Exercise Patience

If you are not used to online learning, remind yourself that some of your instructors are not used to online teaching. Everything may be new to them, too. We are all doing our best to make this transition work well, but there will likely be a few hiccups along the way. Online platforms may not always work like they are supposed to (especially during times of increased traffic). If and when this happens, do your best to manage your frustration, and know that your instructors and TAs are committed to being patient as well. Reach out for help. We'll work things out, or come up with a Plan B or Plan C when necessary.

Hold Yourself Accountable

You are in the driver's seat of your own education. You can turn this period of online learning into an opportunity to thrive or an excuse to fail. You can seek ways to “game the system,” or you can honor your desire to be a person of integrity. You know you are a mature, independent adult who is motivated to optimize your potential, and who wants to develop and express your gifts in ways that make the world better. That’s why you came to CSU. Leverage your internal motivation to do your best, and to do it honestly. Hold yourself to a high standard. Be persistent and show your grit. You got this.
Fellow Rams,

During these unprecedented times, Rams Against Hunger and our partners at the Food Bank of Larimer County remain committed to offering the services that we know to be essential. The nature of this pandemic, however, requires us to rethink our “normal” methods of food distribution. To that end, we would like to inform you about the current and upcoming Rams Against Hunger services that remain available to our Ram Community.

We will host a modified Mobile Food Pantry event, with pre-boxed groceries available for pick up. This Rams Against Hunger Food Distribution will take place Thursday, April 2, 2020, from 12:00 – 7:00 pm. We invite those in need to bring a valid CSU ID to pick up a pre-boxed selection of fresh and shelf-stable grocery items. Boxes will be available for pick up at the following location:
- Morgan Library parking lot on the south side of the LSC
  - A drive-up distribution point will be available in the parking lot
  - An additional distribution point will be available in the southwest vestibule entrance to the LSC
- NOTE: *If you are able to drive to this pantry, please do! Our intention is to limit physical interactions as much as possible. In all circumstances, please stay at least six feet from other clients to reduce risk.*

Please note that all boxes are pre-packed with the same items. We invite you to arrive at your convenience and assure that product will be the same throughout the distribution.

Rams Against Hunger and ASCSU continue to offer two Pocket Pantry locations. Hand sanitizer is available and we encourage using it before and after opening doors.
- **Lory Student Center** - Level 200 - ASCSU Plaza-side entrance
  - Please “swipe” your CSU ID to enter the Pocket Pantry doors
- **University Housing – Aggie Village Family Apartments**
  - Aggie Village Family Center – 501 West Prospect St, Building 24

The following resources may also be useful to you during this time (click each to be prompted to site):
- **The Larimer County Food Bank**
- **Hunger Free Colorado’s COVID 19 response site**
- **The United Way of Larimer County**
- **Aunt Bertha**

Visit for more information
Consider these games, activities & craft ideas during your quarantine!

**Puzzles**

Puzzles are one of my favorite activities to do during quarantine. I love to do ones that have a lot of pieces and that are challenging! Consider an online puzzle to pass some time.

[Visit for free puzzles](#)

**Cubefield**

This game was one of my favorites to play in high school. It's like a blast from the past! This game along with Temple Run, which you can download on your phone can keep you busy for hours given the extreme focus you have to give!

[Click to play](#)

**Yoga**

Consider doing a 20-minute yoga before bed to relax your muscles for a full nights rest. Click the links below for two of my favorite bed-time yoga sessions!

**DIY Lava Lamps**
Recipe of the Month

Simple Bolognese

Ingredients
- 1/4 cup extra-virgin olive oil
- 1 medium onion, coarsely chopped
- 2 garlic cloves, peeled and coarsely chopped
- 1 celery stalk, coarsely chopped
- 1 carrot, coarsely chopped
- 1 pound ground chuck beef
- One 28-ounce can crushed tomatoes
- 1/4 cup flat-leaf Italian parsley, chopped
- 8 fresh basil leaves, chopped
- Salt and freshly ground black pepper
- 1/4 cup freshly grated Pecorino Romano

Directions
- In a large skillet heat the olive oil. When almost smoking, add the onion and garlic and saute over medium heat until the onions become very soft, about 8 minutes. Add the celery and carrot and saute for 5 minutes. Raise heat to high and add the ground beef. Saute, stirring frequently and breaking up any large lumps and cook until meat is no longer pink, about 10 minutes. Add the tomatoes, parsley and basil and cook over medium low heat...
until the sauce thickens. Season with salt and pepper. This will take approximately 1/2 hour. Finish bolognese with Pecorino Romano.