



## First-Year Commuter Newsletter

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Welcome to a new decade, Rams!

I hope you are all having a nice and relaxing winter break. This time of the year is not only to spend time with friends and family but to carve out some time for yourself. Rolling into the Spring semester can feel different, especially with the summer break following. So, make sure you are getting re-organized with all of the commotion that a new semester brings.

But, I will leave you on a good note. We still have three restful weeks of break. Breathe, get fresh air, and come back to campus feeling good.

Can't wait to see you all back!

Best,

Topazio A.

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## New Year's Resolutions



With a new year and a new decade rolling around, it's common to focus on what you want to change. But, that doesn't always have to be the case. With a new year, you can focus on the things you're already trying to do. Don't be stuck on transforming yourself as a new person, focus on the now and how you're doing.

But, who doesn't look to the new year for some positive changes?

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

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## How to Maintain a Good GPA

(a few helpful steps to keep doing well)

Create a study guide  
Hand write your notes  
Ask for help  
Go to class  
Create a study station  
Don't ignore the little assignments  
Motivate yourself  
Focus on what interests you  
Be disciplined and organized  
Find a balance



**YOU ≠ YOUR GPA**

While maintaining good grades is beneficial, there are plenty of other things that you should focus on while being at college.

- Seek Out Relevant Experiences
- Have Fun
- Laugh
- Try new things
- Network
- Sleep
- Join a club
- Hang out with friends

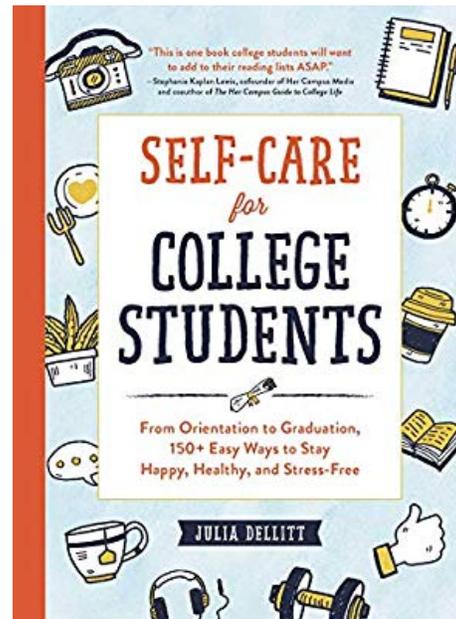
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## Tips to Stay Healthy This Semester

- Clean your living space often
- Try and get enough sleep each night
- Exercise and keep active

- Eat whole meals
- Listen to your body & mind
- Stay hydrated
- Talk it out
- Drink water
- Celebrate you

Consider going to the bookstore or to your local book shop for a guide that offers many easy ways to stay you while in college!



Try this new breathing technique that I recently incorporated in my life when I just need a good few deep breathes. Try it out, and pass it along!

Breathe in

## Catch an International Flight!

International Programs-Education Abroad is excited to announce that they are now offering **two** application cycles for **passport scholarships**. They are able to provide this opportunity because the CSU Office of International Programs (OIP)

has been approved as a Passport Acceptance Facility!

To be eligible, the student must be:

- a U.S. Citizen who does not currently hold a valid U.S. passport (exception for military passports)
- be a first-time adult applicant (if applicants had a passport when under the age of 16 they are still eligible or if they have an official military passport)
- be a current CSU undergraduate or graduate student in a degree seeking program, and
- be traditionally underrepresented in Education Abroad such as low-income, students of color, first-generation college students, veterans, or non-traditional students.



### Timeline

- Passport Scholarship Applications will be reviewed on a rolling basis
- Students will need to complete the online passport scholarship application by **February 2, 2020**
- Students will be notified if they received the passport scholarship by the 3<sup>rd</sup> week of February

[Visit for More Information](#)

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## Rent a Locker

When you rent a locker for a semester or a whole year, you won't have to worry about lugging all your school materials around campus. It only takes 5 minutes to sign up and don't forget to stop by Off-Campus Life, LSC room 274 after purchasing your locker for your unique combination!

# RENT A LOCKER

IN THE LORY STUDENT CENTER

RENT ONLINE AT:  
[OFFCAMPUSLIFE.COLOSTATE.EDU](http://OFFCAMPUSLIFE.COLOSTATE.EDU)

RENT PER SEMESTER  
OR MULTIPLE  
TO SAVE

## FULL

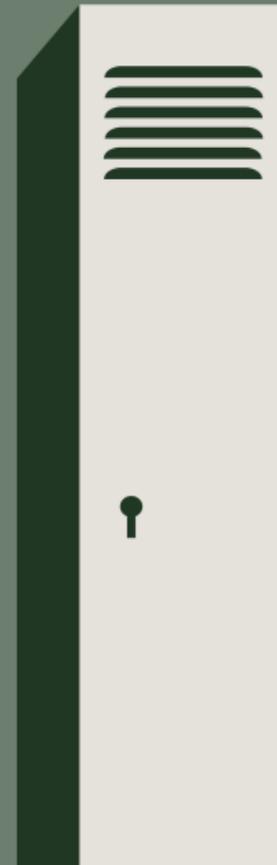
1 SEMESTER: **\$50**  
2 SEMESTERS: **\$90**  
3 SEMESTERS: **\$135**

## HALF

1 SEMESTER: **\$35**  
2 SEMESTERS: **\$65**  
3 SEMESTERS: **\$90**

## QUARTER

1 SEMESTER: **\$20**  
2 SEMESTERS: **\$35**  
3 SEMESTERS: **\$45**



 OFF-CAMPUS LIFE  
COLORADO STATE UNIVERSITY

[Rent A Locker](#)

## Recipe of the Month

Rustic Tuscan Bean Soup

## Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, diced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 1 medium zucchini, diced
- 1 yellow summer squash, diced
- 4 cloves garlic, pressed
- ¼ teaspoon red pepper flakes
- ¼ teaspoon dried thyme
- ½ teaspoon dried rosemary
- 1 quart vegetable (or chicken) broth
- 2 (14 ounce) cans cannellini beans, drained and rinsed
- 1 (14 ounce) can no-salt-added diced tomatoes with juices
- 3 cups chopped kale, ribs removed
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 tablespoon white sugar
- 1 tablespoon white wine vinegar



## Directions:

1. Heat 2 tablespoons of olive oil in a 6 quart or larger Dutch oven over medium-high heat. Add the onions, carrots, celery, zucchini, and squash. Saute for 4 minutes.
2. Add the garlic, red pepper flakes, thyme and rosemary. Cook 30 seconds.
3. Stir in the broth, beans, and tomatoes. Bring the contents to a boil, then turn the heat down to low and add the chopped kale. Cover the pot and simmer for 15 minutes.
4. Use an immersion blender to partially puree the soup, leaving some chunks of beans and vegetables for texture.
5. Add the salt, pepper, sugar, and vinegar. Taste and adjust seasonings as needed.
6. Serve topped with Parmesan or Dubliner cheese and a side of crusty bread.

[Visit for Full Recipe](#)

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