

First-Year Commuter Newsletter

Welcome to CSU, Rams!

And welcome to the First-Year Commuter Newsletter. Every month, we'll send you this newsletter to help guide your way through your first year at CSU. This newsletter consists of resources, fun events, need-to-knows, and other helpful information! So, check your email every month for your newsletter.



Meet your Commuter Student Program Assistants



My name is Topazio Aranda and I will be one of your Commuter Student Program Assistants this year! I am excited to be welcoming you all to CSU. I've worked at Off-Campus Life for a little over two years. I was a transfer student from a small university in Tennessee. I just graduated from CSU with my Bachelor's in Sociology and a Bachelor's in Psychology. I am excited to begin this new chapter in my life and that means leaving CSU soon. I have enjoyed my time with commuter students and I know you are in good hands with

Tamara!

My name is Tamara Monroe, and I'm your other Commuter Student Program Assistant this year. I started with Off-Campus Life over the summer and am looking forward to getting to know you all. I'm a non-traditional student, having retired a couple of years ago, and am pursuing a second Bachelor's in History, with a minor in English. I'm starting my second year and commute to CSU from Loveland. Coming off of my first year back to college as a commuter student, I can relate to a lot of the questions and experiences you may have.



We look forward to being your go-to off-campus support. We're here to help in any way possible, make sure you thrive and to reassure you that there are others just like you! While the Off-Campus Life office in the Lory Student Center (LSC Room 274) is currently closed due to the pandemic, we're available by phone at 970-491-2248, by email at ocl@colostate.edu, and through the Off-Campus Life webpage at <https://ocl.colostate.edu/> during our office hours of Monday through Friday, 8:00 a.m. to 5:00 p.m. We're eager to get this year started and get to know you!

Best,
Topazio and Tamara

Ram Welcome

In case you missed the Ram Welcome sessions for first-year commuter students last week, you can view the presentations on our website at ocl.colostate.edu. Navigate to the "Commuting" tab then "Support." You can also check out the Orientation and Transition program site at <https://ramwelcome.colostate.edu/>. If you missed it, you can still get some the goodies (t-shirt, a gift from ASCSU, and giveaways from academic colleges) from Ram Welcome.



COVID-19 RECOVERY



COLORADO STATE UNIVERSITY



Coronavirus Reminders

Rams take care of Rams! Don't forget to complete the [COVID-19 symptom checker out daily to report](#) whether you have symptoms or not.

Lots of information about CSU's response to the pandemic can be found at the [CSU Covid recovery informational website](#).

Goodbye August,

Hello September!

By now you've completed your first week of classes at CSU! As teachers begin to assign chapters to read, discussion posts to write, and those clicker questions that count for attendance, here is your reminder to put your best foot forward and tackle this semester head on!

Some ideas to get organized:

- Buy a planner & write EVERYTHING down
- Print off all syllabi
- Organize how you'll be taking notes in each class
- Schedule in ME time

These kinds of practices will help you start strong and maintain a solid foundation for the school year.

Start Strong and Create a College Success Plan

Engage in Your Classes

- Understand each course syllabus
- Create a calendar for assignments/readings/papers/exams
- Log in to online learning systems (such as CANVAS) for course dates/resources/on-going grades
- Aim for active learning
- Read before class/summarize notes/learn something new each class
- Set weekly goals for academic success
- Find a place where you can effectively study
- Go to class and actively participate
- Reinforce your learning DAILY by reading, taking notes, reviewing, and studying
- Talk to students next to you if in person and engage in discussion posts in online classes to meet peers virtually
- Get to know your professor; go to office hours or ask questions via email

Build Your Network & Get Involved On Campus

- Locate and meet with your Advisor/Academic Success Coordinator (ASC)
- Share your passions, strengths, goals, and challenges with anyone willing to listen
- Find study partners in your class; study and go to class

together

- Go to You@CSU on Ramweb to find out about campus resources

Some Handy Resources

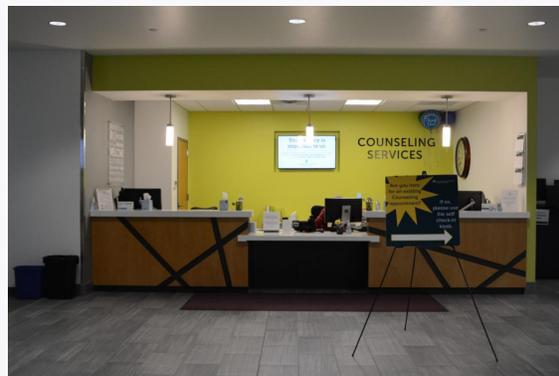


Bike Registration

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.

Counseling

As a CSU student, you are allotted free counseling sessions among a host of other counseling resources. All Counseling Services are currently provided by phone or online. If you have an urgent mental health concern, please call (970) 491-7111 to speak with a counselor now (available 24/7). If you are calling to set up routine services or with a routine concern, call (970) 491-6053 during drop-in hours: Mondays, Wednesdays and Thursdays 9 a.m. – 3:30 p.m.; and Tuesdays 10 a.m. – 3:30 p.m. Click [here](#) for more information.



TILT

TILT is The Institute for Learning and Teaching and provides tutoring and other resources for academic achievement. Tutoring will be available online from 5:00 to 10:00 p.m., Sunday through Thursday and is FREE for all students. Click [here](#) for more information.

Want to Get Involved?

Fall Involvement Expo

The virtual Fall Involvement Expo is an opportunity for Rams to get involved on campus by connecting with 300+ Registered Student Organizations and University departments. The expo will be live for the entire CSU community from Aug. 31 through Sept. 13.

DO SOMETHING CSU

Learn more [here](#).

Student Advisory Board

The Off-Campus Life office is dedicated to supporting students successfully moving/living off campus and into the Fort Collins community. It offers an array of information, services and educational programs that benefit the entire student body, university and surrounding community. The Advisory Board will serve as a sounding board for overall policies, services and programs for OCL. The Board provides input on long-range goals and objectives, reviews current services, programs and budgets, and makes recommendations to the Director of OCL in an advisory capacity. Click [here](#) to apply.

A Few Things to Know to Become a True RAM



Cam the Ram

Since 1954, CAM the Ram has served as the official mascot of Colorado State University. Although his name



The "A"

Before changing our name to Colorado State University in 1957, the university was

conveniently rhymes with Ram, CAM is actually an acronym of our former name: Colorado Agriculture and Mechanical College, or Colorado A&M. A dedicated team of students called the Ram Handlers care for and transport four-legged CAM to his many appearances. You may also spot CAM in his two-legged costume at many of our on- and off-campus events.

named Colorado A&M and students were known as “Aggies.” The “A” on the hillside is a nod to our rich history and the land-grant principles we were founded upon. The tradition of the “A” is kept alive by student volunteers who paint it annually.



The Fight Song

When you hear it, sing it loud and proud. The CSU Fight Song, often played by our Marching Band, is sung at all major sporting events.

*Fight on you stalwart Ram Team,
On to the goal!
Tear the (Opponent's) line asunder,
As down the field we thunder.
Knights of the green and gold,
Fight on with all your might!
Fight on you stalwart Ram Team,
Fight! Fight! Fight!*

The Old Main Bell

Installed in the Old Main building in the heart of campus in 1910, it was stolen in 1919 by at least four men who are still unknown. They quickly feared being caught and buried the bell on a farm outside of town. The bell didn't move for over 50 years and only select members of a CSU fraternity knew of its location. The bell made a surprising appearance — in the front yard of the Director of the CSU Alumni Association's home. After careful planning and a thoughtful donation from the Associated Students of CSU, the bell rings once again. The new Canvas Stadium includes a bell tower where the Old Main Bell will sit proudly for years to come.

Recipe of the Month

Creamy Vegan Sausage & Pasta Skillet

Ingredients:

- 8 oz medium-sized pasta dry
- 2 tbsp olive oil
- 8 oz vegan sausage
- 1/2 yellow onion diced
- 2 cloves garlic diced
- 1 tbsp Italian seasoning
- 2 tbsp flour
- 2 cups vegan beef broth
- 1 15-ounce can diced fire roasted tomatoes
- 8 oz vegan cream cheese
- salt, pepper, red pepper flakes to taste
- basil or parsley for topping (optional)



Directions:

- Bring a large pot of water to a boil. Cook pasta according to package instructions.
- While pasta is cooking, heat 1 tablespoon of olive oil in a skillet over medium-high heat. Add sausage to the pan and use the end of a spatula to break apart the sausage. Lower heat to medium and cook until sausage is browned. Transfer sausage to a bowl and set aside.
- Add the remaining tablespoon of olive oil to the skillet followed by the onion. Sauté for a couple of minutes, or until translucent. Add the garlic, Italian seasoning and a pinch of pepper to the skillet and sauté for an additional minute.
- Add the flour to the skillet and whisk into the onion mixture. Allow it to cook off for one minute to remove the raw flour taste.
- Slowly add the beef-less broth and tomatoes to the skillet. Bring mixture to a boil then lower heat and simmer for 5 minutes – or until it is slightly thickened. Whisk in cream cheese until smooth.
- Add drained pasta and sausage to the skillet and stir to combine. Taste and add salt, pepper and red pepper flakes to taste. Top with fresh herbs and serve.

[Visit for Recipe](#)

