Happy November, Rams!

We're approaching the final stretch of the semester, and with that comes added stress. In the run-up to Fall Break, we encourage you to take a breath and evaluate how you're doing not just academically, but also emotionally and physically, and make sure that all of these areas are being addressed. Please reach out if you feel you need help or resources to power through the end of the semester. You can also find counseling services through the CSU Health Network.

You're almost there, and taking care of yourself will help you succeed. Have a great month, Rams!

Best,

Tamara and Topazio

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**Fall Break**

Happy Thanksgiving! Fall Break this year is November 23-27. CSU will move to all remote, online classes following Fall Break, and the last two weeks of classes (November 30-December 11) and finals week (December 14-18) will be delivered virtually.

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**Spring 2021 Registration**

Registration for Spring 2021 is upon us! Access dates are assigned to each student based on the number of credits they’ve earned. Registration Ready will be available on November 2, 2020; simply log in to RAMweb and follow the instructions. Here's the general timing for registration:

November 17 – Graduate, Professional, and Second Bachelor’s Students
November 18 – Seniors
November 19 – Juniors
November 30 – Sophomores
December 2 – Continuing Freshmen
December 7 – All New Undergraduate, Graduate, and
RamRide x Lyft

To protect the health of our student volunteers and patrons, RamRide isn’t running traditional operations this semester. However, RamRide has partnered with Lyft to offer discounted rides to CSU students for the Fall 2020 semester. Through December 19th, RamRide x Lyft is offering eligible students up to four discounted rides a month in the US, from 6 p.m. to 6 a.m., Thursday-Saturday. Rides will be discounted 50%, up to a $10 maximum discount per ride.

You should have received an invitation from Lyft Business in your CSU email box (check your spam folder!) on October 9th with a follow up on October 26th. Once you click the link and join, the discount will be applied to eligible rides. More details about the program are here.

Do You Like Trivia?

Do you know a bunch of random international-related trivia and fun facts? Then join CSU’s International Programs on Tuesday, November 10 at 6:00 pm (Mountain time) to show off your knowledge and you just may be crowned the winner! There are prizes for the winning team! Register here to receive the Zoom link.

The Final Stretch

There are a couple of virtual TILT workshops that may help you as we get into the final stretch of the Fall 2020 Semester.

COLLEGE IS DIFFICULT AND THAT’S OKAY!

Wed – Nov 11 | Thurs – Nov 12

College is hard and you are not the first one to feel that. Let us
help you gain your momentum back through the approaches of Growth Mindset and on how to navigate the challenges of higher education.

OVERCOMING PROCRASTINATION
Wed – Nov 18 | Thurs – Nov 19

Understand why and how you procrastinate. Procrastination is not curable, but this workshop teaches ways to develop healthy habits and how to overcome procrastination.

Check out the TILT website here for details and to register.

Tips to Stay Motivated Mid-Semester

- Prioritize your work
- Reward yourself
- Make a schedule
- Reduce distractions
- Develop better study habits
- Seek help if needed
- Find time to relax
- Make sure you go to class (if you’re not sick)
- Surround yourself with positive influences

Visit for a study break game!

Recipe of the Month

Pumpkin Bread with Maple Icing

Ingredients:

- 1 1/3 cup All purpose flour
- 1 tsp Baking soda
- 3/4 tsp Salt
- 2 1/2 tsp Pumpkin pie spice
- 2 Eggs
- 3/4 cup Sugar
- 1/2 cup Brown sugar
- 1/2 cup Vegetable oil
- 1/4 cup Milk
- 1 1/2 cup Canned pumpkin puree
For icing:
- 1/2 cup Butter melted
- 1 1/2 cup Powdered sugar
- 1 tbsp Maple syrup
- 1/4 cup Milk (adding slowly until you get the consistency you want)

Directions:
- Preheat oven to 350 degrees. Prepare a bread pan with nonstick spray and set aside.
- Whisk together flour, baking soda, salt, and pumpkin pie spice together and set aside.
- In a separate bowl whisk together eggs, sugar, brown sugar, oil, milk, and pumpkin puree. Slowly whisk in dry ingredients in with the wet.
- Bake for 50-60 minutes.

For icing:
- Whisk all ingredients together. Add milk and sugar as needed to get the texture you would like. Add icing to the top of the bread.