Happy December, Rams!

Your first semester at CSU is coming to an end. That’s something to be proud of, especially with all the changes COVID forced us to make! As you have seen, college feels and looks much different than high school, and as you finish your first semester at CSU, hopefully you’ve learned more about yourself and the things you want to accomplish. Don’t let finals stress you out, because ultimately your mental, physical, and core health are the most important. Take a deep breath and relax, we’re almost there.

I hope everyone has a relaxing winter break and holiday season, and comes back recharged and ready for Spring Semester in January!

Best,
Tamara

Farewell and Best Wishes

It is the final month of 2020, Rams! This year has thrown curve ball after curve ball. Nonetheless, we must remain positive. December brings about the semester coming to an end and most importantly, spending time with your loved ones. I hope you get a break and a breath of fresh air like you deserve!

I started my journey at CSU as a transfer student not really knowing what I wanted to do. I am proud to say that I have completed two degree programs over the past 5 years; and to be honest, I would do it all over again. No one’s journey is the same. We must not compare ourselves to others because we are unique individuals who seek different things in this life. This is just a word of encouragement for those feeling lost or uncertain about their journey.

I have worked as the Commuter Student Program Assistant for two years now, and have enjoyed every minute of it. It was a new journey that I embarked on to help students feel a sense of
belonging to CSU, develop community, and thrive throughout their academic journeys. It is time that I begin the new chapter in my life that is post-grad! I look forward to continue doing that work of helping students reach their ultimate abilities and goals.

I hope you all have felt supported throughout these unpredictable times. We are always here to help. Continue believing in yourself and above all, make sure that you TAKE CARE of yourself. In this life, we only have each other and especially ourselves.

Warmest regards,
Topazio Aranda

Some Things You Should Know

Because of Larimer County’s increased restrictions due to the pandemic, there’ve been some changes you need to know about as we head into finals week.

The Lory Student Center will remain open until nightly until 9 p.m., providing spaces for students to study, but space will be limited. More information will be shared here as services are evaluated.

Morgan Library has moved to remote and curbside services only. Additional information can be found here.

The Rec Center, including the pool and other gym or exercise programs, are limited to 10 percent capacity or 10 people in rooms or areas, whichever is lower. Reservations are required to enter these facilities, and each person must provide contact information for contact tracing purposes. Additional information will be communicated on the Rec Center website here.

TILT Workshops in December

FINAL EXAM PREPRATION
Wed – Dec 2 | Thurs – Dec 3
Develop a plan to finish the semester strong. In this workshop we will cover test-taking study strategies, techniques for exam week, and how to decrease test anxiety.

MANAGING FINAL EXAM STRESS
Wed – Dec 9 | Thurs – Dec 10
The last week of class brings a high level of stress for many students. Learn from your peers how they’re managing final exam stressors and we will teach you stress management
techniques.
Click [here](#) to register.

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**Health Network Tips**

We all experience problems in our lives. Sometimes those are situational and quickly resolved. Sometimes they can be more serious and difficult to handle. Counseling Services helps students with a wide range of mental health concerns. If you or someone you know is stressed by life circumstances, experiencing mental health symptoms, or have any thoughts of suicide, please talk to a caring professional.

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**Still Looking for Holiday Gifts?**

If you're looking for local, handcrafted gifts for friends and family this holiday season, check out the virtual Fort Collins Holiday Artisan Market [here](#). You can connect with artisans and shop at your leisure from the comfort of your couch.

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**Scholarships**

Don't forget to complete your CSU Scholarship Application for the 2021-2022 academic year! Scholarships are gift aid and do not have to be repaid. They’re awarded based on different factors, including merit, financial need, and talent, by institutions, governments, private individuals, foundations and community organizations. The CSUSA is a competitive online scholarship application for many of the scholarships at CSU. Scholarships are available in all class levels and applications are reviewed based on your academic record.
Finals Week Studying Tips & Stress Management

- Create your own study guide.
- Ask questions.
- Attend any review sessions.
- Start early.
- Organize a group study session.
- Study things not on the study guide.
- Take breaks.
- Stay well-rested.
- Create and follow a study schedule.
- Prioritize your study time.
- Study for the style of exam.
- Quiz yourself.
- Meet with your professor or TA.
- Reorganize your notes.
- Pace yourself.
- Teach classmates.
- Revolve your focus.
- Color code it.
- Visualize.
- Make it fun.

- Accept what you cannot change and exercise control over what you can.
- Remember to laugh!
- Whether you’re conscious of it or not, you probably talk to yourself silently every day. Work to make this self-talk positive by identifying, challenging, and changing negative messages.
- Sleep, physical activity, and good nutrition are powerful stress relievers!
- Time management is key! Waiting until the last minute to complete a task increases stress.
- Take time out for yourself every day. Enjoy a long, hot bath, go for a walk, or enjoy your favorite hobby.
- Talk out your problems with a counselor or a trusted friend. Even if you don’t come up with any solutions, talking may...
Giving Tuesday - December 1, 2020

The power behind Giving Tuesday at CSU is the vast community of Rams – students, alumni, faculty, parents, and friends – who come together to make a lasting impact for those on our campus who need help. Each year at this time, thousands of Rams respond to the call to support students who are suffering from food insecurity on our campus. On this Giving Tuesday, there are even more reasons to join the effort. Click here to donate.

Recipe of the Month

Garlic Herb Butter Steak Bites with Potatoes

Ingredients:

- 1 tablespoon olive oil
- 2 tablespoons butter divided
- 1 pound Yukon gold potatoes sliced about 1/2 inch in thickness
- 3 garlic cloves minced
- 1 teaspoon thyme chopped
- 1 teaspoon rosemary chopped
- 1 teaspoon oregano chopped
- 1 1/4 pounds sirloin steaks cut into 1 inch cubes
- salt and pepper

Directions:

1. Heat a large skillet over medium-high heat and add olive oil, 1 tablespoon butter, potatoes, garlic, thyme, rosemary, and oregano. Cook for about 3 minutes, stir and cook and additional 3 minutes until fork tender. Remove and set aside on a plate.
2. Heat the skillet to high heat. Add the other tablespoon of butter and the steak cubes. Let the cubes sear for a minute and then continue to stir them until they are golden brown.
3. Mix the potatoes with the steak cubes and top with fresh chopped herbs.