

First-Year Commuter Newsletter

Happy March, Rams!

I'm excited for this month to start. We move to Daylight Savings Time on March 14th and the vernal equinox is March 20th. While I'm not looking forward to losing that hour of sleep, I am glad we'll have more daylight hours. Hopefully the Oval will soon look like the picture!



Being of Irish ancestry, I usually love celebrating St. Patrick's Day, but I think it's going to be a bit different this year. Usually March means Spring Break, but as you know this year it's been moved back to April.

We are getting to the half-way point of the semester, though! It's time to stay focused, study for those mid-terms, and push through to the second half!

If you have any questions for me, please don't hesitate to reach out.

Best regards,
Tamara

Spring 2021 RamRide New Features

RamRide Secure

As CSU students continue to see an increase in financial insecurity, RamRide is uniquely positioned to support students with their transportation security needs. Research shows us that students may have difficulty completing errands and are less likely to access other basic needs if they do not have adequate transportation. Geared towards students without transportation security, students can now apply for \$200 in Lyft ride credits. Applications will be accepted on a rolling basis. Students can read more and access the application [here](#).



RamRide x Lyft 2.0

RamRide is continuing its partnership with Lyft and now offers an increased subsidy for rides. RamRide will cover the first \$12 of up to 4 rides/month for students (as funds remain). The \$12 subsidy is available 24/7, nationwide. More information can

be found [here](#).

RamRide Food Ops

RamRide is continuing its partnership with Rams Against Hunger to deliver boxes of food on Friday afternoons to students, faculty, and staff. Folks can read more and request a delivery [here](#). Or read more [here](#) if your student organization is interested in volunteering and raising funds for your organization.

U-TURN CONTROL YOUR JOURNEY

THURSDAY, MARCH 4TH

10A.M. - 4P.M.

VISIT [HTTP://UTURN.COLOSTATE.EDU](http://uturn.colostate.edu) TO ACCESS EVENT LINK

The Institute for Learning and Teaching | Sponsored by: University Housing | The Collaborative for Student Achievement

College is hard.
U-Turn Can Help.

No one can truly prepare you for what to expect throughout your journey. It's okay to seek help and ask for it. CSU recognizes that there are a number of factors that can impact your

academic performance. To learn what's impacting yours, we'd like to hear your story and refer you to the best possible resources available at CSU. Consider attending the Spring Semester Virtual U-Turn event on Thursday, March 4th. Drop-ins are welcome – plan on spending a half an hour meeting with a navigator and creating an action plan for success! Click [here](#) for more details.

Spring 2021 Campus Step Up Virtual Retreat



Campus Step Up is an opportunity for students to expand their awareness of power, dominance and privilege through identity exploration. The retreat enables participants to spend time in a supportive environment focusing on self-reflection, education, and personal growth as well as their perceptions and understanding of systems, privilege, and oppression. Campus Step Up's ultimate goal is to make students aware of the knowledge and tools they need in order to grow as social change agents within our communities. Register [here](#) by March 3rd!

WHO: CSU undergrad and graduate students - all those who are or hope to become change agents.

WHAT: Campus Step Up | Rise Up for Racial Justice | a virtual retreat

WHEN: March 6 - 7 | 10AM - 3PM

WHERE: The virtual realm - Zoom links will be distributed prior to the event

WHY: Being "not racist" has never been enough. To fight systemic racism, we've got to be antiracist.



TILT Workshops This Month

Click on the TILT Logo above for more information and to register.

FORMING EFFECTIVE STUDY GROUPS

Tues – Mar 2 | Wed – Mar 3

Forming study groups is a great way to strengthen your understanding of course materials, find like-minded people who thrive in a collaborative learning environment, and prepare for your next exam. Research also has shown participating in collaborative learning helps to improve critical thinking & problem-solving skills. Join us as we discuss what makes a study group effective.

COVID CONNECT

Tues – Mar 9 | Wed – Mar 10

PRESENTED BY CSU HEALTH NETWORK

We are all facing a huge amount of change as we learn to cope with the pandemic. This session explores the various challenges that each of us faces and will guide students through evidenced-based self-care and coping strategies. Students will learn about COVID-Connect, six coping strategies, and campus resources available for students.

SLEEP: WHY YOU NEED IT

Tues – Mar 16 | Wed – Mar 17

PRESENTED BY CENTER FOR COMMUNITY PARTNERSHIPS

Join us as we learn the importance of sleeping and why we need it. Our guest speaker will share research-based recommendations regarding the importance of good sleep and strategies to improve your sleep quality! Sleep plays a KEY factor in helping us stay productive, increase learning retention, keeping us healthy and stress-free.

PUBLIC SPEAKING: IN-PERSON & ONLINE

Tues – Mar 23 | Wed – Mar 24

Curious about how to create a dynamic presentation, increase audience engagement, and manage nervousness? We invite you to join our workshop and learn some behind the scenes strategies.

JOB SEARCHING DURING COVID

Tues – Mar 30 | Wed – Mar 31

PRESENTED BY THE CAREER CENTER

Whether you are starting or trying to make progress on the virtual job search, the Career Center is here for you. Join us as our guest speaker shares tips and strategies on navigating the job market and how to get you closer to your next new employment.

President's Leadership Program

Established in 1989 as a one-year program, CSU's President's



Click to Apply

Leadership Program (PLP) has grown to a three year, fourteen credit leadership development experience for undergraduate students. The mission for PLP is to develop active, informed civic leaders who practice ethical, inclusive leadership and embody positive humanitarian characteristics, such as optimism, service to others, passion, mindfulness, and fairness. The next group of applications will be reviewed beginning March 15th, so don't wait to apply!

March is Colorado's Snowiest Month (just ask any local weatherperson)

Take advantage of it, skiers and boarders! SkiSU provides round-trip transportation between CSU and the designated ski resort for \$20 per student (you'll need to make your own arrangements for equipment, lift tickets and any reservation required by the resort). Buses depart at 6:00 am from the bus stop at Plum and Meridian and return to campus at the end of the day. Trips are limited to 24 passengers this year, so don't wait! Click [here](#) for details and to make your reservation.

The trips scheduled for March include:

- Saturday, Mar. 6th to Keystone
- Saturday, Mar. 27th to Breckenridge
- Sunday, Mar. 28th to Steamboat



Year 2 @ CSU



Getting to Year 2 @ CSU is a semester long program with events designed for first-year students in their second semester. Get the information you need to successfully transition into your second year at CSU! Learn about resources for housing, academic success, involvement, career readiness, and more.

Visit our website

Recipe of the Month

Fiesta Chicken Casserole

Prep Time: 5 minutes

Cook Time: 30 minutes

Serves: 4

Ingredients:

- 4 cups cubed or shredded chicken, cooked
- 1 10-ounce can Ro-Tel, undrained
- 1 cup instant rice, uncooked (don't use uncooked regular rice)
- 2 cups grated Colby Jack (or Cheddar, Monterey Jack or a blend) cheese, divided
- 1 10.75-ounce can Cream of Chicken Soup
- 2 tablespoons taco seasoning
- 2 tablespoons milk
- 1/2 cup canned corn, drained, or 1/2 cup black beans, drained, or both
- optional garnish – sprinkle with chopped cilantro or parsley



Instructions

1. Preheat the oven to 350°F. Lightly coat a 9×9 baking dish with nonstick spray. Set aside.
2. In a large bowl combine the chicken, Ro-Tel, rice, 1 1/2 cups grated cheese, Cream of Chicken soup, taco seasoning, milk, corn, and black beans. Stir to combine.
3. Pour mixture into prepared pan, sprinkle with remaining cheese and cover tightly with foil. Bake for 30 minutes.
4. Uncover and allow to sit for 5 minutes before serving.

You can store leftovers in an airtight container in the refrigerator for up to 3 days.

[Visit for full recipe](#)