

# First-Year Commuter Newsletter

Hello Rams, and happy Spring! This is one of my favorite times of the year in Colorado. The sun is out, flowers are starting to bloom, Easter candy has arrived, there are fewer COVID cases and several vaccines, and everything's reopening just in time for warmer weather. Overall, everyone seems to be in a happier mood. Here's hoping March's snowy weather doesn't carry over into April!



We're almost done with Spring Semester, and I don't know about you, but I can't wait for summer to get here! I really need a break from classes and studying. I'm hoping this semester will be the last one that's majorly affected by the pandemic. With luck the Off-Campus Life office in the LSC will open back up so I can talk to people in person. I miss having those personal interactions!

Be well, Rams.

Tamara

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## Spring Break... Finally!

Spring Break this year is April 12-16. CSU will move to all remote, online classes following Spring Break, and the last few weeks of classes (April 19 -May 7) and finals week (May 10-14) will be delivered virtually.



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## Trans Day of Visibility

Pride, the Asian Pacific American Cultural Center, the Student Disability Center and Ram Events are excited to invite you to their Trans Day of Visibility Keynote event featuring Kay Ulanday Barrett! Additionally, there's a workshop on April 1 which focuses on coalition building across those who are Sick & Disabled, Queer & Trans and People of

**Trans Day of Visibility**

Featuring Keynote Speaker  
**Kay Ulandy Barrett**

Wednesday, March 31, 2021 | 6 PM MT

**MORE THAN ORGANS: Beyond Resilience:**  
Intersectionality of race/ethnicity, transgender community, and disability.

**Workshop: Liberation Shows Up**

Thursday, April 1, 2021 | 4 PM MT

This workshop dares participants to understand and adore our whole selves. To Sick & Disabled Queer/Transgender Indigenous or People of Color, you are invited to embrace a powerful lineage.

For Questions and/or accommodations to reach out to: [gld\\_studentservices@mail.colostate.edu](mailto:gld_studentservices@mail.colostate.edu)

STUDENT DISABILITY CENTER COLORADO STATE UNIVERSITY | PRIDE RESOURCE CENTER COLORADO STATE UNIVERSITY | ASIAN PACIFIC AMERICAN CULTURAL CENTER COLORADO STATE UNIVERSITY | **CRAME** For Women By Women COLORADO STATE UNIVERSITY

Color. This workshop is only open for 30 folks. Click [here](#) to register.

## Be a Ram Welcome Leader!

Orientation and Transition Programs is now accepting applications for the 2021 Ram Welcome Leader position! They will be hiring an estimated 300 students to serve in this volunteer role this year.



Ram Welcome Leaders serve as the primary mentors and role models for new students, families and guests during the Ram Welcome program by:

- Serving as the primary student leadership team behind the implementation of the Ram Welcome program by guiding and connecting new students.
- Working collaboratively as part of a larger Orientation Team (which includes both Orientation Leaders and Ram Welcome Leaders) and with Residence Life Staff (Resident Assistants, Inclusive Community Assistants and other student leaders) to ensure that students are attending Ram Welcome events.
- Leading a small group of students through the Ram Welcome experience by setting a positive tone, creating excitement and energy for Ram Welcome events as well as facilitating formal small group meetings and informal discussions with students regarding the transition to CSU.
- Attending an extensive leadership development training.
- Demonstrating to new students what it means to be a CSU Ram.

All Applicants are asked to attend ONE virtual (video call/voice call) Applicant Information Session to be held at the following dates and times (Mountain Time) via Zoom:

- Tuesday, April 20, 5:00pm-6:00pm
- Wednesday, April 21, 4:30pm-5:30pm
- Thursday, April 22, 6:00pm-7:00pm
- Friday, April 23, 12:00pm-1:00pm
- Monday, April 26, 5:00pm-6:00pm

- Tuesday, April 27, 6:00pm-7:00pm
- Wednesday, April 28, 5:00pm-6:00pm

Don't miss out on this great opportunity! Click [here](#) for eligibility and application details.

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## Upcoming TILT Workshops

Click on the logo for more information and to register.

### COLLEGE IS DIFFICULT AND THAT'S OKAY!

*Tues – Apr 6 / Wed – Apr 7*

College is hard, and you are not the first one to feel that. Join us as we learn how to gain our momentum back through the approaches of the Growth Mindset. We will also discuss how to navigate the challenges of higher education and how to find campus resources.

### WHY DO WE PROCRASTINATE?

*Tues – Apr 20 / Wed – Apr 21*

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

### EXCELLING IN SUMMER SESSION

*Tues – Apr 27 / Wed – Apr 28*

Three of five students participate in CSU Summer session at some point. Summer is a great time to earn credits in a shorter timeframe. Come and gain tips for being successful in classes that move along at a quicker pace. Plus, learn about campus resources available to support you during the summer.

### FINAL EXAM PREPARATION

*Tues – May 4 / Wed – May 5*

Develop a plan to finish the semester strong. This workshop will cover high impact study strategies, test-taking techniques and how to decrease test anxiety.

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## Fall Registration

Registration for Fall 2021 is right around the corner! Access dates are assigned to each student based on the number of credits they've earned. Registration Ready opened on March 22, 2021; if you haven't already, log in to [RAMweb](#) and follow the instructions to get ready. Here's the general timing for

registration:

April 5 – Graduate, Professional, and Second Bachelor's Students

April 6 – Seniors

April 19 – Juniors

April 23 – Sophomores

April 29 – Continuing Freshmen

May 10 – All New Undergraduate, Graduate, and Professional Students



A promotional poster for the GYT (Get Yourself Tested) campaign. The poster has a green background. On the left, it says 'OMG. GYT' in large letters, with 'OMG.' in a pink box. Below that, it says 'GET YOURSELF TESTED TODAY. FOR \$20\*'. At the bottom left, a black box contains the text '1 IN 2 SEXUALLY ACTIVE PEOPLE WILL GET AN STD BY THE AGE OF 25. MOST WON'T KNOW IT.'. On the right, it says 'GET TALKING. GET TESTED.' followed by 'MARCH 22 - APRIL 9'. Below that, it says 'Please call for an appointment. 970-491-7121'. At the bottom right, there are logos for GYT, CREWS, and CSU Health Network. A small note at the bottom right says '\*Offer includes chlamydia and gonorrhea urine test only'.

## Did You Know?

One in two sexually active adults in the U.S. will get a sexually transmitted disease (STD) by the age of 25. CREWS Peer Education and CSU Health Network are sponsoring the 2021 GYT-Get Yourself Tested student sexual

health campaign Monday, March 22 - Friday, April 9, 2021. The GYT campaign encourages testing as an act of pride, not shame, and promotes a dialogue about STDs and prevention.

As part of the campaign, the CSU Health Network will provide discounted testing on select STD tests. Any CSU health fee-paying student is eligible to receive this discount. Due to COVID-19, students must make an appointment; no walk-ins will be accommodated. Students should call CSU Health Network Access Center (970-491-7121) to set up their GYT appointment. Students will receive either a phone call or a secure message with results within 5 days. All testing and results are confidential.

If you have questions or would like additional information regarding the GYT campaign, please contact Gwen Sieving, Manager of Sexual Health and Outreach Initiatives at: [gwen.sieving@colostate.edu](mailto:gwen.sieving@colostate.edu) For more information on how CREWS Peer Education can help student groups or organizations promote this campaign, please check out the [CREWS Peer Education website](#) or email CREWS at: [crew@colostate.edu](mailto:crew@colostate.edu).

## Join the Earth Day 2021 Challenge!

Colorado State University has partnered with the City of Fort Collins on the 2021 Earth Day Challenge, an online competition to reduce carbon emissions and conserve energy and water on campus and in the Fort Collins

community between now and April 22, Earth Day 2021. CSU students may join as individuals or have a larger impact and create an Earth Day Challenge team within an office or unit. Actions that score points in the challenge include taking shorter showers, lowering the thermostat at home, recycling, composting food and switching to using LED lighting. Get started at [shiffoco.com](http://shiffoco.com), where you can also connect with others virtually and become part of a growing community of change agents who are making CSU and Fort Collins a healthier and more sustainable place.



The month of April has been designated Sexual Assault Awareness Month (SAAM) in the United States. The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence. Due to COVID, CSU's

Women and Gender Advocacy Center ([WGAC](#)) won't have any in-person events this spring, but they do have some valuable information on consent. Check it out [here](#).

## Managing Stress and Staying Motivated

We're approaching the final stretch of the semester, and with that comes added stress. In the run-up to Spring Break, 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. You can find information on stress management [here](#). 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](#).



Some tips to stay motivated:

- Prioritize your work
- Attend class
- Make a schedule
- Develop those study habits
- Reduce distractions
- Seek help if needed

- Find time to relax
- Surround yourself with positive influences
- Reward yourself

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## Recipe of the Month

### Chopped Caprese Salad

Click on the picture for the full recipe.

Prep Time: 10 minutes  
Total Time: 10 minutes  
Serves: 4

#### Ingredients:

- 1 (10 oz.) container grape tomatoes, halved or quartered
- 4 ounces fresh mozzarella cheese, cubed
- 1/2 cup fresh basil leaves (about 25 small leaves), torn
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar (or balsamic glaze)
- sea salt to taste (try pink Himalayan)



#### Directions:

1. In a medium bowl, toss together the cut up tomatoes, mozzarella, and basil leaves.
2. Add olive oil to bowl and lightly toss together.
3. Drizzle the balsamic vinegar over the top of salad.
4. Sprinkle salt as desired.

#### Notes:

- You can add more olive oil or balsamic vinegar as desired - it's always good to start small and work your way up.
- Balsamic glaze is thicker and you can use either it or balsamic vinegar - even better if you want to use a little bit of both! The glaze gives the salad a nice finished look.