First-Year Commuter Newsletter

Happy May, Rams!

The end is in sight - only a week of classes and then finals left! I want to congratulate you on making it through a first year that was probably not what you imagined or wanted. I'm sure you hear this a lot, but it's true that the last year and a bit has been unprecedented. You are all amazing for sticking with college despite all of the challenges that came your way. Remember we're here to support you as you wrap up your first year at CSU.

As you hunker down to prepare for finals, remember to take care of yourselves, including your emotional and mental health. There's nothing wrong with putting yourself first and making sure that you are okay. Keeping this in mind will help you stay positive and finish strong! The milestone of finishing your first year is only the beginning of your journey to reach your goals.

I hope you all have a fun, safe, and relaxing summer! I'll be continuing as the Commuter Student Program Assistant next year and since it looks like campus will be opening back up, I hope you'll take some time to stop by the Off-Campus Life office to say hi!

Best wishes,
Tamara

Stay Updated During the Summer

Don't forget to regularly check your CSU email and RamWeb for updates about Fall 2021 semester. The Administration will be sending out updates on the pandemic, testing, vaccines, requirements, campus openings, and lots of other information that will be useful as you prepare for classes this fall. The Off-Campus Life staff will continue to work remotely throughout the summer, and will be available to answer questions and provide resources via phone, email, chat, and drop-in Zoom. Our contact information is on our website's main page.

Finals Week Studying Tips

~Start early. ~Ask questions. ~Attend any review sessions. ~Organize a group study session. ~Reorganize your notes. ~Create and follow a study schedule. ~Create your own study guide. ~Study things not on the study guide. ~Study for the style of exam.

Don't forget TILT has Final Exam Prep workshops on Tuesday, May 4 and Wednesday, May 5. This workshop will cover high impact study strategies, test-taking techniques and how to decrease test anxiety. Click [here](#) to register.

---

### Considering Summer Classes?

Did you know that three out of five students participate in summer session during their time at CSU? Summer offers a unique opportunity to focus on one or two courses at a time, making it a great time to complete a challenging course, participate in experiential learning, or fulfill a prerequisite. By participating in Summer Session, students have the opportunity to graduate and earn earlier, and potentially reduce educational expenses. Students should be prepared for the condensed terms within summer and make a plan for devoting adequate time to their studies. Discover the educational, financial, and time-saving benefits of summer session, along with the advantages of summer’s shorter terms and accelerated courses.

Summer 2021 planning is for courses to be available through face-to-face, hybrid, and online delivery, with the need to adjust monitored closely due to the trajectory of Covid-19. Click [here](#) for more information.

---

### Rams Fail Forward

Failure happens to all of us. Screw-ups, setbacks, and struggles are part of being human. Yet, we tend to forget this when we scroll past friends portraying their picture-perfect lives on our Instagram feeds.

In fact, daring to take on
life’s most meaningful challenges involves substantial risk of failure. Whether you did or didn’t have control over the factors that contributed to a failure, it can cut deep, sometimes in ways that are painful, disorienting, and shame-inducing.

Most of us are hard wired to avoid pain or we look for quick fixes to relieve it. This innate response can reduce our capacity to recover from struggles and can negatively impact our health. But, there are steps we can take to help us respond to failure in a more positive way. Failure is, after all, one of life’s greatest teachers.

Take the pledge now!

Want to work for the best office in the LSC? Off-Campus Life is hiring!

Our Program Assistant is responsible for maintaining organization within office programs and keeping track of key details such as room reservations, volunteer recruitment, ordering/maintaining supplies, printing and/or updating handouts, and assistance with special projects.

Our Videographer is responsible for producing videos that promote and maintain Off-Campus Life’s brand. The videographer will determine a shot list, write a script, shoot footage, edit, and accomplish technical tasks related to production and post-production.

Getting an on-campus job is a great way for commuter students to meet new people and get more involved with life at CSU. It’s also a great way to get valuable job experience. Check out this video to get a sense of what it’s like to work for Off-Campus Life.
Ever Thought About Studying Abroad?

Now that you’re finishing your first year at CSU, it’s a good time to start thinking about whether you might want to study abroad. CSU sends over 1,600 students abroad each year to over 80 countries. The programs can last a week to a year and include study, research, internships, service learning, and other opportunities. The CSU Education Abroad team wants these life-transforming experiences to be as accessible as possible. Please contact the Office of International Programs if you have any questions about programs, financial aid, courses, living and safety abroad, or anything else.

Recipe of the Month

~Easy Nachos~

- Prep Time: 15 minutes
- Cook Time: 10 minutes
- Total Time: 25 minutes
- Serves: 8

Ingredients:
- 1 standard size bag of tortilla chips
- 1 pound block of cheese such as cheddar Monterey Jack or Colby Jack, shredded
- Optional Topping such as:
  - Seasoned Ground Beef
  - Shredded Beef, Pork, or Chicken
  - Black or pinto beans
  - Tomatoes, jalapenos, chilies, com, black, olives, avocado slices

When it comes to toppings, use as little or as much as you like, and mix and match to your heart’s content!

Instructions:
1. Preheat oven to 350 degrees F.
2. Place tortilla chips on a baking sheet.
3. Top with cheese and desired toppings.
4. Bake for 15 minutes, or until cheese is melted and bubbly.
5. Serve warm.

Prep Time: 15 minutes
Cook Time: 10 minutes
Total Time: 25 minutes
Serves: 8
Line a cookie sheet with a silicone baking mat or foil.
Spread chips over cookie sheet.
Sprinkle half of the grated cheese over the chips.
Sprinkle toppings over the chips and cheese.
Sprinkle on remaining cheese.
Bake for approximately 10 minutes, or until cheese is good and melty.
Serve warm with sides such as guacamole, sour cream and salsa.

The unfortunate reality is that nachos are best served immediately; reheating leftover nachos almost always leads to soggy nachos.