

# First-Year Commuter Newsletter



## *December is Here!!!*

Almost there!!! This semester has gone by quickly and our office wants to wish you luck on any finals you may have approaching. One more rush, before a well deserved break. We understand the stress and difficulties that these last few weeks can bring and want to make sure you know we are here to aid and elevate you any way we can. We hope you can enjoy the snow that is sure to come and cover our campus in a winter wonderland.

This December newsletter will inform you of some finals week stress management and study tips and our volunteer opportunities through CSU- more specifically our volunteer opportunity through RamRide. We have information about the upcoming housing fair, the handbook, our academic supportive groups TILT and UTurn as well as the student advisory board. We list two scholarships available, and some of the fun activities for this winter in Fort Collins. Lastly we finish our newsletter with a warm, steamy recipe!



## *Finals Week Stress Management and Studying Tips*

- 1. Create your own study guide.

- 2. Ask questions.
- 3. Attend the review session.
- 4. Start early.
- 5. Organize a group study session.
- 6. Study things not on the study guide.
- 7. Take breaks.
- 8. Stay well-rested.
- 9. Create a study schedule - and follow it.
- 10. Prioritize your study time.
- 11. Study for the style of exam.
- 12. Quiz yourself.
- 13. Meet with your professor or TA.
- 14. Reorganize your notes.
- 15. Pace yourself.
- 16. Teach classmates.
- 17. Revolve your focus.
- 18. Color code it.
- 19. Visualize.
- 20. Make it fun.

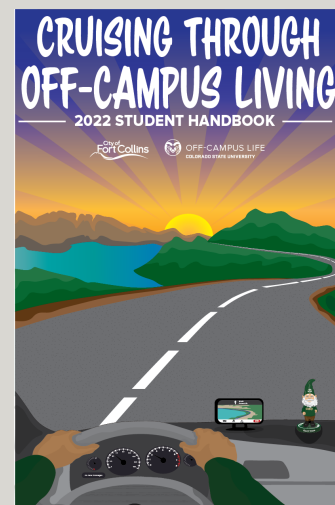


- Accept what you cannot change and exercise control over what you can.
- Remember to laugh!
- Whether you're conscious of it or not, you probably talk to yourself silently every day.
- Work to make this self-talk positive by identifying, challenging, and changing negative messages.
- Sleep, physical 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 make you feel better.



## Handbook

Cruise your way through Fort Collins with our Off-Campus Living Handbook. Coming to you soon!!!! Keep an eye out.





# RamRide is Back!



As we inch toward normality, our RamRide program will have four elements this semester. You can download the RamRide app from both the Apple and Google stores.

1. **RamRide Night Ops**, our safe-ride program, will return offering student organizations opportunities to volunteer and fundraise. Free rides will be available to the campus community on Friday and Saturday nights from 10:00 pm to 3:00 am. Download the CSU RamRide app (powered by Spare Labs) to request your free ride around Fort Collins. **Volunteer --** Our RamRide program offers an opportunity to CSU clubs and organizations to raise money for their organization while helping RamRide run smoothly. If a club/organization has 30 participants to volunteer with RamRide, they can receive up to \$1000 from RamRide to use towards their club/organizations needs.
2. **RamRide Food Ops**, our food delivery program, will return in partnership with Rams Against Hunger to offer food deliveries to folks experiencing food insecurity and in need of that service. Please visit our website for updates to this program.
3. **RamRide x Lyft**, our partnership with Lyft, will continue this year but with a different look from last year, offering students subsidized rides through the Lyft app during certain holidays such as Halloween, St. Patrick's Day, etc. (other holidays will be determined and announced on our website), as funds remain.
4. **RamRide Secure**, our transportation security program, will continue this year offering an additional \$200 in Lyft credits to students who submit an application and are approved after committee review, as funds remain.

We continue to update our website with details about using and volunteering for these programs, so check [here](#).

You can also follow us on Instagram, Facebook and Twitter for the latest news.



## On-Campus Housing Fair

Don't forget the Housing fair is approaching. The 2022 Housing Fair will take place on Wednesday, February 2nd, 2022, 9:00 AM-4:00 PM, Main Ballroom, Lory Student Center, CSU Campus.

[Housing Fair](#)

# Student Advisory Board

The Off-Campus Life office is dedicated to supporting students successfully moving/living off campus and into the Fort Collins community. It offers an array of information, services and educational programs that benefit the entire student body, university and surrounding community. The Student Advisory Board serves as a sounding board for overall policies, services and programs for OCL. The Board provides input on long-range goals and objectives, reviews current services, programs and budgets, and makes recommendations to the Director of OCL in an advisory capacity. Click [here](#) to apply.

## Scholarships



[Application](#)

### Puksta Scholarship

The CSU Puksta Scholars Program is developed out of the Puksta Foundation, a non-profit organization that provides scholarships, mentorship, & experiential community engagement training for undergraduate Colorado students. Scholars participate in a rigorous & rewarding long-term program designed to equip them with the knowledge, skills, & experiences necessary to become catalysts for lasting positive change in the community.

### Reisher Scholarship

The Reisher Scholars Program awards scholarships to Colorado students based upon demonstrated financial need and academic merit. The program seeks to help promising Colorado students earn their undergraduate degrees without incurring additional educational debt. The Reisher Scholars Program is unique in that it focuses on rising college sophomores and transfer students from community colleges who have already demonstrated academic and leadership potential as undergraduates.



[Application](#)



# Events During Break



## Ice Skating at Foothills Pond

Skate, Gather & Celebrate at The Pond this winter! Bring your skates (or rent a pair at The Skate Shack) and hit the ice on Northern Colorado's Largest outdoor rink. If The Pond is full, don't fret! Sign up to receive a text notification when the rink is ready for more skaters!

November 20 – December 16

- Wednesday – Friday 4-9pm
- Saturday 9am-9pm
- Sunday 11am – 7pm

## Downtown Lights

Every night from the first week in November through Valentine's Day, the lights will be turned on in Old Town Fort Collins. 22 block-faces of downtown will be illuminated with thousands of strands of lights in alleyways, along sidewalks, and within tree-tops. The impressive display of low-energy and sustainable LED lights can be enjoyed anywhere along College Avenue, the northern boundary of Laporte Avenue, and continuing south to Magnolia Street. Trees will be lit along Walnut Street, Linden Street, Pine Street, Old Town Square, Oak Street Plaza, and Mountain Avenue as well.



## Rec center hours over break

- December 17th: 6 a.m. – 8 p.m.
- December 18 & 19th: 12 p.m. – 8 p.m.
- December 20 – 25th: CLOSED (university holiday)
- December 26th: 12 p.m. – 8 p.m.
- December 27 – 30th: 6 a.m. – 8 p.m.



- December 31st: 6 a.m. – 6 p.m.
- January 1st: CLOSED (university holiday)
- January 2nd: 12 p.m. – 8 p.m.
- January 3 – 7th: 6 a.m. – 8 p.m.
- January 8 & 9th: 12 p.m. – 8 p.m.
- January 10 – 14th: 6 a.m. – 8 p.m.
- January 15th: 12 p.m. – 8 p.m.
- January 16th: 12 p.m. – 11:30 p.m.

*Visit for more  
information and hours*

## *Academic Support*

### *The Institute for Learning and Teaching (TILT)*

The Institute for Learning and Teaching offers online resources to help improve your study skills, including topics like time management, note-taking, test-taking, and active reading. Click [here](#) for more information and to access the resources. They also provide information about tutoring, which can be found [here](#).

## *Recipe of the Month*

### **Old-Fashioned Beef Stew**

#### **Ingredients**

- ¼ cup all-purpose flour
- ¼ teaspoon freshly ground pepper
- 1 pound beef stewing meat, trimmed and cut into inch cubes
- 5 teaspoons vegetable oil
- 2 tablespoons red wine vinegar
- 1 cup red wine
- 3 ½ cups beef broth, homemade or low-sodium canned
- 2 bay leaves
- 1 medium onion, peeled and chopped
- 5 medium carrots, peeled and cut into 1/4-inch rounds
- 2 large baking potatoes, peeled and cut into 3/4-inch cubes
- 2 teaspoons salt



#### **Instructions**

1. Combine the flour and pepper in a bowl, add the beef and toss to coat well. Heat 3

teaspoons of the oil in a large pot. Add the beef a few pieces at a time; do not overcrowd. Cook, turning the pieces until beef is browned on all sides, about 5 minutes per batch; add more oil as needed between batches.

2. Remove the beef from the pot and add the vinegar and wine. Cook over medium-high heat, scraping the pan with a wooden spoon to loosen any browned bits. Add the beef, beef broth and bay leaves. Bring to a boil, then reduce to a slow simmer.
3. Cover and cook, skimming broth from time to time, until the beef is tender, about 1 1/2 hours. Add the onions and carrots and simmer, covered, for 10 minutes. Add the potatoes and simmer until vegetables are tender, about 30 minutes more. Add broth or water if the stew is dry. Season with salt and pepper to taste. Ladle among 4 bowls and serve.



[Visit for Recipe](#)

