

First-Year Commuter Newsletter



November is Here

CONGRATS!! Welcome to November. We are half way through the semester. We hope everyone is feeling on top of their classes as the cold weather settles in. We have some nice breaks approaching, don't forget to do the things you enjoy with friends and family. We know this time of year can have more sickness going around and it can be a challenge to keep up with classes, however, it is important to take care of yourself.

This November newsletter will inform you of volunteer and job opportunities through CSU. More specifically our volunteer opportunity through RamRide and our two jobs available for applications both the RamRide volunteer coordinator as well as the orientation leader applications. There are some fun days coming this November, National Stress Awareness Day and National First Generation Day. We have information about campus step up, the upcoming housing fair, our academic supportive groups TILT and UTurn as well as the student advisory board. We have some fun events for this fall including the Macys Day Parade, our athletics home events and the veterans day celebrations. Lastly we finish our newsletter with a fun and unique November recipe! Dive in!



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.

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 will be given 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.



International Stress Awareness Day

Reflection Rooms

These rooms have been made available for the University community and visitors to meditate, pray, and otherwise spend time in quiet reflection. Reflection Rooms are also called Meditation Rooms in some facilities. CSU can restrict access to this facility should the room be used in a way other than its intended use.

Counseling Center

We at CSU Health Network Counseling Services are deeply committed to creating a welcoming, supportive space in which you



[Reflection Rooms](#)

[Counseling Center](#)

can truly be seen and valued in your entirety. For those whose experiences of marginalization and oppression add extra layers to your distress – you and all of your identities are welcome here.

Mindfulness

Colorado State University's Center for Mindfulness is a center where we are working intentionally and collectively to create conditions that inspire personal and community transformation leading to mindful communities and fostering socially conscious, compassionate, and mindful leaders.

Center for Mindfulness



**1 in 5 CSU students is First Generation
and we want to celebrate together!**

Save the date for

NATIONAL FIRST GEN DAY

November 8, 2021

Join us on the Plaza!

11:00am – 3:00pm

Lory Student Center Plaza

T-shirts, games, & photos

Keynote by Shequeeta Hazard

on the First Generation Identity

4:00 – 5:00pm

Lory Student Center Room 382

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 COLORADO STATE UNIVERSITY

National First Generation Day

First Gen Day is right around the corner. This year we will be celebrating Monday, November 8th from 11:00 am-3:00 pm in the LSC Plaza and 4:00 pm-5:00 pm in the LSC for a keynote speaker.

First Gen Day

On-Campus Job Opportunities

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.

Off-Campus Life is hiring, and take it from me, it's a great place to work! We have one position open:

- Our RamRide Volunteer Coordinator is responsible for coordinating volunteer registration and training for our Food Operations and Night



Stop by our office in Room 274 of the LSC for information on how to apply, or click [here](#) for more information.



Orientation Leader

It is important to support our incoming commuter students. Some of the greatest support for these incoming students can be from those who have previous experience with being a commuter student. We would love to see our commuter students apply for orientation leaders this upcoming year and see the support you can bring to these incoming students.

Applications are due on **Sunday, November 14 at 11:59 p.m.**

Orientation Leader Applications

- Implement in person and virtual Ram Orientation sessions and in person Ram Welcome programming for new CSU students.
- Engage in a comprehensive leadership development training experience founded on the belief that effective student leadership is enacted first by a commitment to a common purpose.
- Design exceptional customer experiences for all new students, parents and families, and guests to the university.
- Build professional confidence, develop communication skills, work with a diverse team of peers toward a common goal, and make lasting campus connections.
- Make a lasting impact on Colorado State University.

Transfer Transition Leader Info

- Knowledgeable University resources and representatives
- Leaders with integrity and a sense of authentic purpose in the CSU community
- Academic and personal role models
- Leaders who value social justice education and awareness
- Students ultimately committed to the purpose of assisting new students and their support systems in the personal and academic transition into the CSU community



Applications are due no later than **Thursday, November 18th at 11:59pm.**

Transfer Transition leader



Campus Step Up

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.

[Campus Step Up](#)

Housing Fair



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.

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.

Want to Get Involved ???



Macy Day Parade

New York Thanksgiving day Parade

WATCH OUR 95TH PARADE LIVE FROM THE STREETS OF NYC OR ON NBC

9AM-NOON IN ALL TIME ZONES, THURS. NOV. 25

The ultimate holiday tradition is marching this way soon.

We can't wait to bring you our spectacular showcase of giant balloons, fab floats, exciting performers & more fun.

CSU Home Sporting Events

Volleyball

Nov. 4th 6th 13th

Women's Basketball

Nov. 3rd 9th 12th 15th 21st 28th

Football

Nov. 13th 27th

Men's Basketball

Nov. 9th 12th 14th 27th



Sport Calendar

Veterans day events

Nov 6th-

Fall Clean Up

Community Gathering and dinner

Nov 8th-

Learn about your VA educational benefits

Nov 9th-

Student Veteran Panel

Nov 10th-

Mental health meet and great with burritos to-go

SVO professional headshots

Resume Rush

translating your military skills

ADULT LEARNER AND VETERAN SERVICES PRESENTS

★★★

VETERANS WEEK 2021

November 6-13, 2021

★★★★★★★★★★★★★★

Nov. 6 - Fall Clean Up
 Saturday, Nov. 6th, ALVS Office at 8:30 am-2:00 pm
Community Gathering & Dinner
 Saturday, Nov. 6th, Intersect Brewery in Fort Collins at 5:00 pm-6:00 pm

Nov. 8 - Learn About Your VA Education Benefits
 Monday, Nov. 8th, LSC Grey Rock Room 290 at 12:00 pm - 1:00 pm

Nov. 9 - Student Veteran Panel
 Tuesday, Nov. 9th, LSC Grey Rock Room 290 or Virtual, must register to receive Zoom Link, at 11:30 am - 1:00 pm

Nov. 10 - Mental Health Meet & Greet with Burritos To-go
 Wednesday, Nov. 10th, LSC Grey Rock Room 290 at 8:00 am-10:00 am
SVO Professional Headshots
 Wednesday, Nov. 10th, Location Grey Rock Room 290 at 12:00 pm- 2:00 pm
Resume Rush/Translating Your Military Skills
 Wednesday, Nov. 10th, LSC Grey Rock Room 290 at 12:00 pm-2:00 pm

Nov. 11 - National Roll Call
 Thursday, Nov. 11th, LSC Sutherland Gardens at 7:00 am-7:00 pm
Improving Sleep Health by New Start
 Thursday, Nov. 11th, LSC Grey Rock Room 290 at 12:00 pm- 1:00 pm

Nov. 12 - Financial Aid & Scholarship Workshop
 Friday, Nov. 12th, Virtual, must register to receive Zoom Link, 12:00 pm-1:00pm

Nov. 13 - Military Appreciation Tailgate & Football Game
 Saturday, Nov. 13th, LSC West Lawn at 2:00 pm-5:00pm, Kick off 5:30pm

See the QR Code for more information and to sign up



CAREER CENTER
 ADULT LEARNER AND VETERAN SERVICES
 VET CENTER
 OFFICE OF THE REGISTRAR

ALVS

- Nov 11th-**
National Roll Call
improving sleep health by new start
- Nov 12th-**
Financial aid and scholarship workshop
- Nov 13th-**
Military appreciation tailgate and football game

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](#).

UTurn

CSU recognizes that there are a number of factors that can impact your academic performance. To learn what is impacting yours, we'd like to hear your story and refer you to the best possible resources available at CSU

1. First, you will be asked to complete an online self-assessment survey which will help to highlight the areas in which you are experiencing challenges, as well as to identify strengths you can build on to enhance your academic success.
2. Next, you will meet with a Navigator, a CSU staff volunteer who values student support and success. With your Navigator, you will review your self-assessment and develop an action plan for next steps.



U-Turn

3. Lastly, you will be able to visit the various resource tables at the Academic Success Expo and talk with different campus representatives about what help their offices have to offer as you pursue your action plan goals.

Recipe of the Month

Caramel Apple Pastry

Ingredients

- 1/4 cup sugar
- 2 teaspoons corn starch
- 2/3 cup non-alcoholic apple beer or apple juice
- 4 oz cream cheese
- 1 frozen puff pastry sheet thawed
- 2 uniform apples preferably with red skin
- 1 lemon
- flour for rolling
- cinnamon optional
- powder sugar for decorating
- salted caramel sauce for serving if desired



Instructions

- Before you begin, thaw the puff pastry according to package directions. This usually takes 40-60 minutes.
- Preheat the oven to 375 F. Grease the sides of a muffin tin with butter and line the bottom with parchment paper or the bottom cut out of a paper muffin liner. Set aside.
- In a medium sauce pan combine sugar, corn starch, and apple beer. Whisk over medium heat until the mixture comes to a simmer. Cook for an additional 90 seconds until the mixture is thick like syrup.
- Microwave the cream cheese for 30 seconds until it is very soft. Whisk it into the apple mixture. Set aside.
- Squeeze the lemon into a medium bowl that can go into the microwave. Fill it about half way with water. Slice apples in half from stem to blossom end. Remove the core and the skin around the stem and blossom end.
- Starting at the stem end, slice apples about 2mm wide, placing each slice

into the lemon water as you cut. The best way to do this is on a slicing tool. (Too thin they are prone to burning, too thick and you can't roll the rose).

- Microwave the apples in water for about 3 minutes.
- Lightly flour a work surface and roll out the puff pastry until it is about 12" x 9". Cut the dough into six strips about 2" x 9".
- Spread a teaspoon of filling over each strip. Reserve leftover filling to serve with pies as desired.
- Drain the apples and place a row of slices from left to right across each strip of pastry dough. Each slice of apple is placed so it covers about 1/2 of the slice before it. Place the apples in such a way that the bottom corners of the dough can be folded up to become even with the top corners. See picture for example.
- Sprinkle with cinnamon if desired. Fold bottom of pastry up to meet top corners. Gently roll each strip from left to right into a rose shape. Place in prepared muffin tin and bake at 375 for until golden brown and puffed, about 40-45 minutes. If the apples start to singe, try moving the pan to a lower rack of the oven.
- Dust with powdered sugar or drizzle with salted caramel sauce and serve hot with or without butter pecan ice cream.



[Visit for Recipe](#)

