

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. 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.

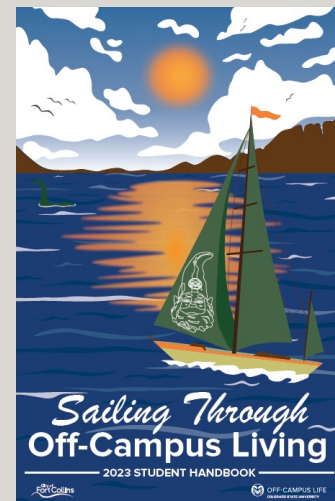


- Accept what you cannot change and exercise control over what you can.
- Remember to laugh!
- Whether you're conscious of it or not, you probably talk to yourself silently every day.
- Work to make this self-talk positive by identifying, challenging, and changing negative messages.
- Sleep, physical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



Our RamRide program will have four elements this semester. You can download the RamRide app from both the Apple and Google stores.

1. **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.
2. **RamRide x Lyft**, New this year, and in partnership with ASCSU, we are bringing operations back for Thursday-Saturday nights supported via Lyft and Spin. Get your Lyft code (worth \$12, available Thursday-Saturday nights 10pm-3am) on the RamRide app. The \$12 code (10 per student) can be redeemed towards a Lyft ride, a Spin e-scooter, or a Spin e-bike (e-bikes starting in early October). Read more below about how to claim the Lyft code.
3. **RamRide x Lyft Holidays/Special Events** – on high-traffic holidays (Halloween, New Years, Graduation, etc.) where RamRide's fleet is not operating, RamRide will offer Lyft codes through the RamRide app to support safe transportation.
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 8th, 2023, 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.

Scholarships



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. The application can be found on your Academic Works page once you complete the CSUSA.

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. The application can be found on your Academic Works page once you complete the CSUSA.

Events During Break

Ice Skating in Old Town

Skate, Gather & Celebrate at The Old Town Square skating rink this winter! Bring your skates (or rent a pair) and hit the ice!



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.

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 ½ 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

