

# First-Year Commuter Newsletter



## March is Here

HELLO!! Welcome to March. We hope you are getting through this semester with confidence. We have put together a bunch of resources to help you through the rest of this semester and even prepare you for next year. Our office is always available to you and we would love to answer and help as we can. Our door is open Monday through Friday 9-5. Don't let the construction signs fool you, we are still here!

## What is in This Month's Newsletter

We want to make sure you are prepared for spring break and have safety in mind. Our RamRide information will be listed below and we hope students will take advantage of the free and safe rides. We have several opportunities, such as volunteering, our student advisory board, and the President's Leadership Program. TED x CSU is coming back to CSU again this year. We have some information about the CSU Mountain campus for those who are unfamiliar. Check out SLICE's CSUnity. It is a great thing to reach out when classes seem overwhelming. We have lots of resources listed below such as TILT, UTurn and more. Lastly we close with a yummy recipe (scroll down to find out what it is)!!!!!!



## Need a locker?

Are you looking for a place to put your stuff in during the day? Are you always carrying way too many snacks? We can solve your problem with a locker! We have 3 different sizes available ranging in price from \$20 – \$50 per semester, which will be charged to your credit or debit card. Click on the link below to

**RENT LOCKERS**  
IN THE LORY STUDENT CENTER  
RENT ONLINE AT: OFFCAMPUSLIFE.COLOSTATE.EDU  
RENT BY THE SEMESTER

QUARTER \$20	HALF \$35	FULL \$50
-----------------	--------------	--------------

© 2018 CSU. All rights reserved. CSU is a registered trademark of Colorado State University. CSU is a registered trademark of Colorado State University.

get more information.

[Rent a locker here!](#)

## Spring Break

First, please stay safe! And if you're traveling with fellow Rams, remember that Rams take care of Rams. You can find some good general guidance for Spring Break safety through the link down below. Remember summer courses will open when you get back from spring break. CSU offers a range of exciting courses designed to keep you on-track for timely graduation, including field and study abroad courses as well as research opportunities.

[Spring Break Safety](#)

## President's Leadership Program

Established in 1989 as a one-year program, CSU's President's Leadership Program (PLP) has grown to a **three year, fourteen credit leadership development experience** for undergraduate students. The mission for PLP is to develop active, informed civic leaders who practice ethical, inclusive leadership and embody positive humanitarian characteristics, such as optimism, service to others, passion, mindfulness, and fairness.

If students decide to participate in all three years of PLP, they are eligible to earn the Interdisciplinary Leadership Studies **Minor**.

[President's Leadership](#)

# CSUnity



**Registration is OPEN for CSUnity!** *CSUnity: A National Volunteer Month CAMmunity Tradition* is celebrating its 26<sup>th</sup> year as a long-time CSU tradition and integral community engagement program on Sunday, April 23 (12 PM – 4 PM). Join SLiCE, Rams, and community members on this one day of service during National Volunteer Month to:

- Branch out & cultivate connections
- Collectively care for our neighbors

- Contribute to community-wide spring clean-up projects

Approximately 1,500 CSU volunteers will collectively complete hundreds of service projects within the Fort Collins community. CSU Rams would either volunteer with a service-based community agency (non-profit/governmental-based organization) or a local neighbor located within Fort Collins city limits.

**Register as a Solo Volunteer or as a Volunteer Team by March 31! To learn more and register visit: [csunity.colostate.edu](https://csunity.colostate.edu)**

## Mindfully Managing Stress

Are you feeling overwhelmed? Need to get a handle on your stress? This 4-session workshop will cover 10 mindfulness practices to support your well-being. Mindfulness is a way to train ourselves to be in the present moment with awareness, acceptance, and self-compassion. Practicing mindfulness can help us cope with difficult experiences, cultivate meaning, and boost positive emotions. In this series we will delve into mind-body techniques which can strengthen our skills for dealing with life. We will also have time to practice these new skills. We meet on zoom once a week and attending all 4 sessions is encouraged. Registration is required; space is limited.

### Mindfully Managing Stress

## Do you want to be a Ram Welcome leader?

Orientation and Transition Programs is now accepting applications for the **2023 Ram Welcome Leader position!** We are hoping to hire an estimated **200-280 students** to serve in this role this year! The Ram Welcome Leader position is a **volunteer experience!**

**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 University Housing Staff (Resident Assistants, Inclusive Community Assistants, RLP, 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 over meals with students regarding the transition to CSU.

- attending an extensive two-day leadership development training.
- demonstrating to new students what it means to be a CSU Ram.

### Did you know...

- 100% of Ram Welcome Leaders Agree or Strongly Agree that serving as a Ram Welcome Leader **reinforced CSU pride and tradition for them.**
- 100% of Ram Welcome Leaders Agree or Strongly Agree that serving as a Ram Welcome Leader provided them with the **opportunity to enhance their commitment to CSU.**
- 100% of Ram Welcome Leaders Agree or Strongly Agree that serving as a Ram Welcome Leader provided them with the **opportunity to enhance their current leadership development.**

We are looking for students with unique interests, personalities, diverse backgrounds, identities, stories, and programs of study that are willing to work, learn and grow on a diverse team who are passionate about the CSU experience and dedicated to giving back to the campus community! A detailed position description with time commitments and applications are available [Here](#).

**Applications are due online by March 29, 2023, by 11:59 pm!**

## 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** will be back up and running in Spring 2023, which means we're bringing fundraising back to CSU Registered Student Organizations! Although RamRide is back, our fundraising model has been reimaged to both suit the needs of our community and comply with new university policies. Come in to our office to learn about the new way your organization can earn \$350, \$650, or \$1,000 with RamRide.
- **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. You can visit our website for updates to this program.
- **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.
- **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.



TED X CSU

## Ted X CSU

In the spirit of ideas worth spreading, TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks video and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event. The TED Conference provides general guidance for the TEDx program, but individual TEDx events are self-organized (subject to certain rules and regulations).

## CSU Mountain Campus



Nestled in a beautiful, secluded mountain valley at an elevation of 9,000 ft. (2,743m) lies Colorado State University's 1,600-acre Mountain Campus. As a site for student learning, conferences, workshops, meetings, and retreats, the Mountain Campus offers a unique opportunity to leave the hectic pace of urban life behind and be immersed in the natural world of the Rocky Mountains. The Mountain Campus exists to serve the Colorado State University community and the surrounding region for academic field studies, educationally focused conferences and mountain research. The campus is open from Mid-May to Mid-

# GETTING TO YEAR 2 @ CSU

**Getting to Year 2 @ CSU** is a semester-long, campus-wide program with events designed for and promoted to **first-year students in their second semester**. By engaging with Getting to Year 2 @ CSU initiatives, first-year students can get information they need to successfully transition into their second year at CSU! While we may not know exactly what the second-year experience will look like, we want to connect students with opportunities and resources that will help them be successful. Students will be able to learn about resources for housing, academic success, involvement, building community, career readiness, and more.

## **Additional campus programs and resources to help support students' transition to a second year:**

- **TILT Tutoring:** *TILT Tutoring is excited to be offering in-person and virtual drop-in tutoring for Spring 2023! TILT will be offering in-person, drop-in tutoring at the Great Hall in TILT and online drop-in tutoring on Zoom. Tutoring for selected courses will be held Sunday through Thursday evenings, 5 – 9 pm. Get more information [here!](#)*
- **SLiCE Involvement Advising:** *Taking part in an involvement advising session allows students the opportunity to meet one-on-one with an advisor to help students learn about how their areas of interest may relate to opportunities on and off campus. Students can sign up [here!](#)*
- **Office of Financial Aid Appointments:** *Schedule a 15-minute, virtual meeting with a financial aid counselor [here!](#)*
- **CSU Health Network Groups and Workshops:** *CSU Health Network has a wide variety of workshops throughout the semester such as “Mindfully Managing Stress” and many more! These groups and workshops are powerful tools for growth and change. Get more information [here!](#)*

## 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.

## 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](#).

**TILT | TUTORING SCHEDULE**

**Spring 2023 TILT Tutoring Schedule**

Free Drop-In Tutoring  
In the TILT Great Hall  
5pm—9pm

CSU ID Required for check-in

Visit [tilt.colostate.edu](http://tilt.colostate.edu) for updates and details about TILT Learning Programs

COURSES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BC 351	Tutoring	Tutoring			
BMS 300	Tutoring	Tutoring		Tutoring	Tutoring
BMS 301	Tutoring	Tutoring	Tutoring	Tutoring	
BZ 110		Tutoring	Tutoring	Tutoring	
BZ 350	Tutoring	Tutoring	Tutoring		
CHEM 107				Tutoring	Tutoring
CHEM 111	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
CHEM 113		Tutoring	Tutoring		Tutoring
CHEM 245	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
CHEM 341	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
CHEM 343	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
LIFE 102		Tutoring	Tutoring	Tutoring	Tutoring
MATH 141	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
MATH 155	Tutoring		Tutoring	Tutoring	Tutoring
MATH 160	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
MATH 161	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
MATH 261	Tutoring	Tutoring	Tutoring	Tutoring	Tutoring
MATH 340		Tutoring	Tutoring	Tutoring	
MATH 369		Tutoring		Tutoring	Tutoring
PH 121		Tutoring	Tutoring	Tutoring	Tutoring
PH 122		Tutoring	Tutoring	Tutoring	Tutoring
PH 141			Tutoring	Tutoring	Tutoring
PH 142		Tutoring	Tutoring	Tutoring	

### UTurn

CSU recognizes that there are a number of factors that can impact your academic performance. To learn

1. First, you will be asked to complete an online self-assessment survey which will

what is impacting yours, we'd like to hear your story and refer you to the best possible resources available at CSU



U-Turn

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.
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

This month's recipe is great for any occasion, it's Philly Cheesesteak Dip!

### Ingredients

2 Tbsp butter  
1 red bell pepper  
1 onion-diced  
1 lb thinly sliced bottom round steak chopped into small pieces  
3 cloves garlic-crushed  
8 oz cream cheese  
1/2 cup sour cream  
1/2 cup milk  
1/4 tsp cayenne pepper  
1/4 tsp black pepper  
a pinch of salt  
8 oz provolone cheese-grated, divided  
1 oz parmesan cheese-finely grated  
1/2 Tbsp fresh parsley-chopped, for garnish

### Instructions

1. Heat the butter in a large cast-iron skillet over high heat. Once hot, add the bell pepper and onion and cook until starting to soften, about 2 to 3 minutes, stirring frequently.





2. Add the steak and cook until browned, about 4 to 5 minutes, stirring frequently.
  3. Turn the heat down to medium-low. Add the garlic and cook for 1 minute, stirring constantly.
  5. Add the cream cheese, sour cream, milk, cayenne pepper, black pepper, and salt, and cook until the sauce is smooth and creamy, stirring constantly. Remove from the heat.
  6. Move the mixture to a crock pot and Stir in 3/4 of the shredded Provolone and 3/4 of the grated Parmesan if you want the cheese as an additional topping, otherwise, add all the cheese.
  7. Wait until the desired temperature is achieved and enjoy!
- 

