

# First-Year Commuter Newsletter

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Hello Rams, and Happy September!

Congratulations! You've officially completed your first week (and a bit) of classes at CSU. I hope you're enjoying your college experience so far. I'm enjoying everyone being on campus again! Don't forget that Labor Day, Monday, September 5th, is a University holiday so we get a short break from classes.

As teachers begin to assign materials to read and discussion posts to write, as well as ask those Iclicker questions that count for attendance, remember to put your best foot forward and tackle this semester head on. Here are some ideas that have helped me get organized at the start of a semester and create a solid foundation for the school year:

- Buy a planner & write EVERYTHING down
- Print off all syllabi
- Organize how you'll be taking notes in each class
- Schedule in some personal time

September is a good time to meet with your Academic Success Coordinator (ASC) to create a plan for academic success. It's also a good time to find study partners in your classes - before your first exams and papers are due. You can find more campus resources and advice at You@CSU on your Ramweb account.

Please stop by our office in Room 274 of the LSC if you have any questions or need anything - we'd love to see you!

Best,

## Fall Clean Up

The Fall Clean Up program is aimed at assisting elderly and/or physically limited neighbors in the Fort Collins area with outdoor yard work (raking leaves, trimming bushes, cleaning gutters, etc.) that they cannot complete themselves and cannot afford to pay someone to do. This program helps facilitate positive relations between the long-term residents in Fort Collins and CSU students and staff, while also helping the neighbors to maintain their properties and get their homes ready for the fall/winter seasons. Fall Clean Up is scheduled for Saturday, November 5th and volunteer sign-up will begin on September 6th. check out our website [here](#) for more information and to sign up.



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## Involvement Expo

The Involvement Expo is one of the best opportunities to get involved in campus life at CSU. By connecting with Registered Student Organizations (RSOs), University departments, and community agencies that offer volunteer opportunities, students can leave their mark at CSU through various involvement opportunities while also discovering resources and services. RSOs, University departments, and agencies set up displays and have members or staff on site to talk to visitors one-on-one about their organizations.

This fall the Expo will take place on September 6th and 7th on the LSC plaza, with different organizations each day. More info is available [here](#).

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## Get A RamRide!

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. We are also running a special this year that 15 volunteers can get \$500 for their organization.

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 on Thursday nights and 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 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.



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## Education Abroad Fair



If you think you might want to study abroad during college, check out the 2022 CSU Virtual Education Abroad Fair. This year's Fair will feature both in-person and virtual events. We

encourage all students to attend these foundational sessions to get started with their Education Abroad journey.

The Fair takes place September 14th in the LSC and September 15th online. More info can be found [here](#).

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# Want to Get Involved?

## 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. As a first-year student living off campus, your input is particularly relevant to what our office does. Commitment is only 1-2 meetings per semester. Click [here](#) to apply.

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## Upcoming Events

- September 1: Volleyball vs. Arkansas
  - September 2: Volleyball vs. Florida Gulf Coast
  - September 3: Volleyball vs. Alabama State
  - September 4: Women's soccer vs. Southeast Missouri
  - September 5: Labor Day holiday, offices closed & no classes
  - September 5: Fortitude 10k
  - September 6-7: Involvement Expo
  - September 8: Women's Soccer vs. Montana
  - September 10: Football vs. Middle Tennessee
  - September 11: Women's Soccer vs. Denver
  - September 13: On-Campus Employment Job Fair
  - September 15: Volleyball vs. CU Boulder
  - September 19-20: Men's Golf vs. Ram Masters Invitational
  - September 20: Volleyball vs. Wyoming
  - September 22: Volleyball vs. UNLV
  - September 24: Football vs. Sacramento State
  - September 29: Women's Soccer vs. Boise State
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## 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. They also provide information about tutoring, which can be class specific. Below is a list of classes.

**Courses supported:**

- Biology
  - BC 351
  - BMS 300
  - BMS 301
  - BZ 110
  - BZ 350
  - LIFE 102
  - LIFE 103
- Chemistry
  - CHEM 107
  - CHEM 111
  - CHEM 113
  - CHEM 245
  - CHEM 341
  - CHEM 343
- Math
  - MATH 141
  - MATH 155
  - MATH 160
  - MATH 161
  - MATH 261
  - MATH 340
  - MATH 369
- Physics
  - PH 121
  - PH 122
  - PH 141
  - PH 142

More information about TILT can be found [here](#).

The Native American Cultural Center's Eagle Feather tutoring starts on Monday! More information about this program can be found [here](#).

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## Celebrate CSU's History!



Before the football game on September 24th, celebrate the 40+ year CSU tradition of Ag Day!

Ag Day is hosted by CSU's College of Agricultural Sciences along with Colorado agricultural organizations and associations. It's a time when we can come to the table together to honor our roots and the agricultural producers that provide for our community. The pregame event features the state's agricultural growers and producers preparing Colorado's premier outdoor barbecue from quality Colorado food products to fund scholarships for agricultural sciences students. This tradition honors both the



institution's roots and Colorado's rich agricultural history in a celebration that appeals to all ages.

The BBQ starts at 10AM and the game starts at 2PM. For more info and to buy tickets, click [here](#).

## Recipe of the Month

### White Chicken Chili

#### Ingredients:

- 1 small yellow onion, diced
- 1 tbsp olive oil
- 2 cloves garlic, finely minced
- 2 (14.5 oz) cans low-sodium chicken broth
- 1 (7 oz) can diced green chilies
- 1 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- salt and freshly ground black pepper , to taste
- 1 (8 oz) pkg Neufchatel cheese (aka light cream cheese), cut into small cubes
- 1 1/4 cup frozen or fresh corn
- 2 (15 oz) cans cannellini beans
- 2 1/2 cups shredded cooked rotisserie or left-over chicken
- 1 Tbsp fresh lime juice
- 2 Tbsp chopped fresh cilantro, plus more for serving
- Tortilla chips or strips, monterey jack cheese, sliced avocado for serving (optional)



#### Directions:

- Heat olive oil in a large pot over medium-high heat. Add onion and saute 4 minutes. Add garlic and saute 30 seconds longer.
- Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.
- Drain and rinse beans in a fine mesh strainer or colander then measure out 1 cup. Set whole beans aside, transfer 1 cup beans to a food processor along with 1/4 cup broth from soup, puree until nearly smooth.
- Add Neufchatel cheese to soup along with corn, whole beans and pureed beans and stir well. Simmer 5 - 10 minutes longer.
- Stir in chicken, fresh lime juice and cilantro. Serve with Monterrey Jack

cheese, more cilantro, avocado slices and tortilla chips if desired.

Find the recipe here!



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