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. Come say hi!

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 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 get more information.
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.

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.

CSUnity

Registration is OPEN for CSUnity! CSUnity: A National Volunteer Month CAMmunity Tradition is celebrating its 27th year as a long-time CSU tradition and integral community engagement program on Sunday, April 21 (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! To learn more and register visit: 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.

Do you want to be a Ram Welcome leader?

Orientation and Transition Programs is now accepting applications for the 2024 Ram Welcome Leader position! We are hoping to hire an estimated 200 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 April 2nd, 2024, by 11:59 pm!

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### 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 Night Ops**, A designated group leader will register for a night your student organization wishes to volunteer on through our website. You can choose to provide either 16 volunteers on a single night to receive $500 or 30 volunteers on a single night to receive $1000. Patrons can request a free ride through our app from 10 PM to 2:30 AM on Friday and Saturday nights.

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 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.
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-October.

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.

Here is their programming for March!
Creative Chillout
Tuesday, March 19 | 4:00 PM – 5:00 PM
Room, Lory Student Center
Fly solo or bring a fellow First-Year Ram, this event is only for First-Year students! Being creative can help us reduce stress by giving our thinking mind a break. Creating something can be restorative, boosts our mood, and takes very little time. In this session, you will experience various ways to bring creative breaks in small moments of everyday life. No prior skills are required. Free food will be provided for participants. Registration strongly recommended, click here to do so!

Snooze, Munch, Move - Self Care for You
Thursday, March 21 | 1:00 PM – 2:15 PM
Room, Lory Student Center
Fly solo or bring a fellow First-Year Ram, this event is only for First-Year students! Learn about developing self-care practices that make a big difference for health and life satisfaction. Sleep, nutrition, and exercise habits are explored, information provided about why they are important, and helpful tips and resources to optimize healthy habits easily. Participants complete a self-care assessment and take away a self-drafted plan to implement in their lives. Free food will be provided for participants. Registration strongly recommended, click here to do so!

My Future Money Life Budgeting Workshop with Canvas Credit Union
Thursday, March 28 | 5:00 PM – 6:00 PM
Canvas Stadium 0202 (Collaborative for Student Achievement, Big South Conference Room)
Fly solo or bring a fellow Ram – this event is open to any First-Year, Second-Year or Transfer students! Get a taste of the kind of real-life financial decisions you will be making in your future. You will be assigned a job, income, and family then you decide how to spend your money on basics and fun stuff. Can you make it through the month without going broke? What will you do with all the extra you have left? We'll talk about the successes and challenges of managing money then chat about banking, credit scores, getting a loan, and whatever other money question you have. Registration strongly recommended, click here to do so!

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.

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.
4. 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.
5. 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.
6. Wait until the desired temperature is achieved and enjoy!