

WELCOME BACK! READY FOR A NEW SEMESTER?



This semester at CSU is starting off with a BANG! New classes, new people, new jobs, new friends, and new opportunities are on the horizon. There is so much to do on campus and even more to get involved in!

Have you made a new **year's resolution to lose weight, get fit**, or just keep up with your work out? The rec center is the perfect place to achieve these goals!

What about studying and starting off your classes in a way that you are sure to end with an **"A"**? **Head over to the library** and get your head in those books!

Are you looking for a place to just hang and meet some really cool new people? El Centro is where it's at! Come on over and bring your own personal pizzazz to our community! This isn't just an **office, it's a resource and a place to kick back and chat with your friends!**

Need some help with goals? Here are some basic things that may help you out this semester:

- ☺ Make a goal chart (in a binder/white board, calendar, etc.)
- ☺ Calculate how many hours per week you need to study per class (about 1 hour for every hour in class, minimum)
- ☺ Divide those hours into daily increments. This may help you! (Doing this makes it feel less overwhelming)
- ☺ Write them on your goal chart and review daily.

- ☺ Consider another goal(such as working out)
- ☺ Calculate how long it will take you to reach your goal (such as a month, semester, etc...).
- ☺ Pencil it into your daily schedule. (how many minutes or hours)

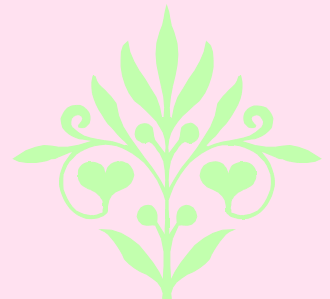
Do this for all of your goals and you will be surprised at how much you can accomplish!

P.S. Don't forget that you want to space out all of these things into small increments of time so you don't get bored or overwhelmed! Make it fun and take advantage of all your available resources!!!!



Commitment to Action

- 7th Generation Awareness & Education
- Protect Our People, Take the Test
- www.happ.colostate.edu
- Come by El Centro and pick up some key chains and other information on how to protect yourself.



Valentine Day!

So what is the deal with V-day anyway? What is it really about? Is there more to this holiday than chocolate and mushy-ness??? Well, actually it has a history, a very interesting one at that.

There are a few different versions of this story from the **Catholic church's point of view. The first of these goes like this:**

There was an Emperor, Claudius, who wanted all young men to serve in his army. So, he filed a law that made it illegal for unmarried man to take a wife. Saint Valentine felt that this law was wrong and continued to marry young couples in secret!

In another story, Valentine was in jail. He fell in love with a young girl who was assumed

to be the jailer's daughter. She visited him regularly when no one was around, up until the end of his detention. It was he who actually sent the first Valentine card to his **love. He signed it "from your Valentine", and thus the saying was born!**

Valentine's day can be a lot of fun for couples. Dates, dinner, flowers, candy, kisses, and hugs are a great way to celebrate this day. If you don't have a date there are also things you can do to take your mind off being single or to celebrate your independence in a fun love-filled



way! Why not go out with the girls or hang out with the guys? Make pink cupcakes, or go see *My Bloody Valentine* at the movies! Have a girls night and do pedicures, manicures, and put the rollers in! Take your self out to dinner, you deserve it!



Make this day special, **no matter your situation because it's** the perfect excuse to have a good time!

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Start Thinking About a Career!



suit-wearing, professional, intern scout-er out there, **you're not.** Chill! Its college, this is a great opportunity to just

If you have already made the first step, start making a second. This is your opportunity. There are so many **resources being thrown at you!** I'm **definitely not saying "no fun or games"**. **That is what college is about,** but you are primarily here for academic purposes, and above that, to start preparing for your future!

I know that you have seen all of the posters for the different career fairs, AND gotten the emails, AND seen the hundreds of students dressed up in front of the ballrooms! **Don't pretend like you haven't!**

It's time to start getting serious about your future. While you may feel like you are going to be obligated to write your phone number and email down for every intimidating,

explore, you don't need to commit right now, but you **DO** need to start looking!

This is your future that you are putting on hold. Come on now, walk upstairs in the LSC. Do a little internet surfing. Start building a resume. Check out some applications. Get just a little bit of research done. **Don't feel pressured to do everything at once, but DO SOMETHING!**



- Try:
- Monster.com
 - Careerbuilder.com
 - RamCT-job listings
 - Craigslist.com

Featured in Our Next Edition of La Voz

- ☺ Recap of Black History Month
 - * Latinos in Black History
 - * Afro-Mexicanos y Afro-Cubanos
- ☺ How to Not Lose Focus
 - * Keeping up your grades and motivation
- ☺ The History of: Emancipation Day (Puerto Rico), Birth of Benito Juárez, César Chávez

Some GREAT Resources!

- ☺ El Centro
- ☺ Black Student Services
- ☺ Native American Student Services
- ☺ Asian/Pacific Islander Student Services
- ☺ **Women's Programs and Studies**
- ☺ Resources for Disabled Students
- ☺ Gay/Lesbian/Bisexual/Transgender Student Services

Stop by and meet us all! Ask for a tour of the offices! We are open to everyone!

What is Going On This Month?

- ☺ Feb 13th. 10am-2pm Sunken Lounge in the LSC—"Freedom to Marry"
- ☺ Feb 19th. Noon-1:15pm El Centro—Test and Note Taking Strategies Workshop
- ☺ Come pick up some event flyers in El Centro and check out our calendar of events online!