

# OFF CAMPUS AND COMMUTER STUDENT NEWSLETTER



## TENNESSEE TECH STUDENT RESOURCES

### Tennessee Tech Student Resources

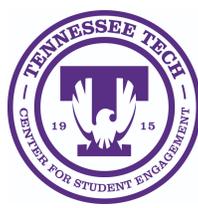
Many people don't know that Tennessee Tech has so many student resources. Some of these services are:

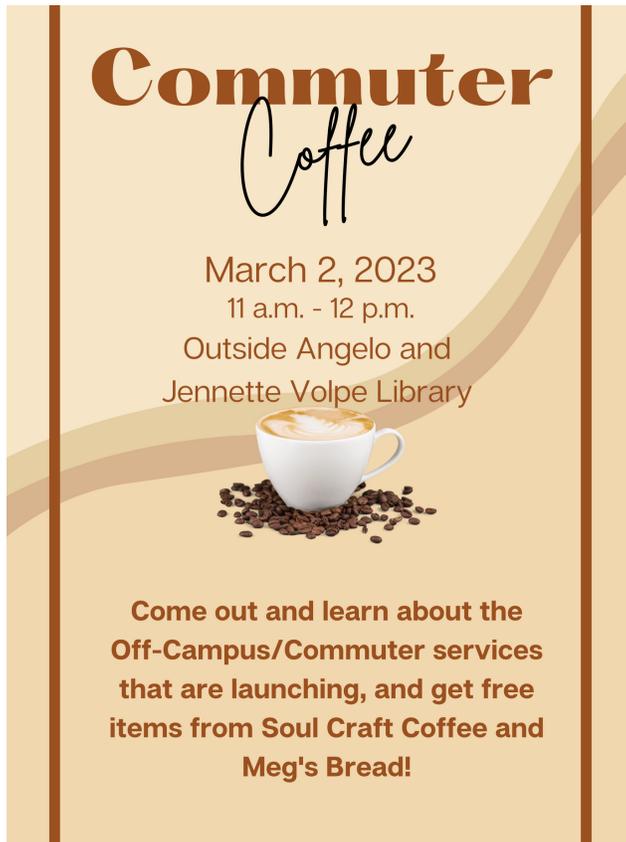
- Health Services
- The Counseling Center
- The Tennessee Tech food pantry
- Angelo and Jennette Volpe Library
- Career Development
- The Women's Center
- Multicultural Affairs
- Recreation and Fitness Center
- University Police
- Accessible Education Center

For more resources: click the link below.  
Student Life ([tntech.edu](http://tntech.edu))

## INTRODUCING A NEW DIVISION

The Office of Student Engagement is excited to announce a new division: the Off Campus and Commuter Student Network. "The off campus and commuter student network is a new resource and the hub for our off campus and commuter students to engage more with campus, learn about campus events, programs, and resources, and to build a greater sense of community among our student body," Charria Campbell, the director of student engagement and Intercultural Affairs said. "We invite all students who live off-campus and are commuters to join The Network!" Our vision is for commuter students to get involved on and off campus. We are here to support the needs of off campus and commuter students. We want to connect you to campus resources and community resources. This newsletter will offer important information on parking, events, student resources, budgeting, stress-management, and much more!





**Commuter**  
*Coffee*

March 2, 2023  
11 a.m. - 12 p.m.  
Outside Angelo and  
Jennette Volpe Library



Come out and learn about the  
Off-Campus/Commuter services  
that are launching, and get free  
items from Soul Craft Coffee and  
Meg's Bread!



## MEAL PLANS THAT WORK FOR YOUR BUDGET

Ever on your way to class and you're absolutely starving but you don't have your credit card with you? You know that your focus will be abysmal in class, but you don't know if you can eat in the Caf or at the many dining locations offered on campus. The Eagle 300 plan offers the solution. There are \$300 dollars of dining dollars that you can use at any of the campus dining locations. Tech 40 is another flexible dining option that offers 40 meals and \$100 dining dollars for only \$575 per semester. This easy to purchase plan can be purchased through Eagle Online.

## UPCOMING EVENTS

Want to learn more about this new service that The Office of Student Engagement offers? Come say hi to us at this Commuter Coffee event. We will have Soul Craft coffee and Meg's Bread pastries.

## Join the Network's Eagle Engage Group

This Eagle Engage group will be a place for you to find friends, learn about available housing options, and even find roommates. Click the link below or scan the QR code to join.

<https://eagleengage.tntech.edu/Commuter/clu>



[b\\_signup](#)



## Contact Information

Off Campus and Commuter Services are located in room 214 of the Roaden University Center.

Email: [commuter@tntech.edu](mailto:commuter@tntech.edu)

Phone number: (931)372-3123

Website: Center for Student Engagement ([tntech.edu](http://tntech.edu))

## Off Campus Kitchen

Off campus kitchen is a virtual hub on the Off Campus and Commuter Student Network Eagle Engage where you can come to learn easy, delicious recipes that are perfect for on the go. This is also a place to share your favorite recipes with other students. This virtual kitchen includes information on food safety practices, cooking skills, and more. Now to get to the good part: the food.

### Tuna Gochujang Tuna Salad

This Korean-inspired recipe is love at first bite. It is an incredibly easy, delicious recipe that takes less than ten minutes to make. The first time I made this I couldn't get over how well the flavors melded together. This tuna salad can easily be made into a balanced meal if you add bread or crackers and fresh veggies like lettuce, carrots, or celery. Tuna is rich in omega 3 fatty acids, iron, and vitamin B12. This recipe serves two people and packs a punch with 38 grams of protein per serving.

## GOCHUJANG TUNA SALAD

### Ingredients

- 1/4 cup greek yogurt
- 2 tsp gochujang
- 2 scallions
- 2 5 oz cans chunk light tuna
- pinch of salt and pepper to taste
- crackers or fresh veggies to serve with the tuna salad



OFF CAMPUS  
KITCHEN

### Directions

- Combine yogurt, tuna, gochujang, salt, and pepper in a small bowl.
- Finely chop scallions and stir into the mixture,
- Enjoy with crackers or veggies!

