

# OFF CAMPUS AND COMMUTER STUDENT NETWORK NEWSLETTER

## How to Get Involved on Campus As a Commuter

As a commuter, it's really easy to fall into a habit of going to school for classes and leaving right after. Sometimes when you see a fun, on-campus event it is also at the same time as work. Being engaged while living off-campus is hard but will make your time here at Tennessee Tech that much better. Here are some ways to get involved at Tech.

- Join a club! There are over 200 student organizations at Tennessee Tech, so there is one for every student.
- Utilize the free, on-campus services. You can study in the library, go to the gym, and hang out in the RUC.
- Work at one of the many on-campus jobs to make some extra money!
- Get more involved with your major specific club and any volunteer opportunities they offer.



## EVENTS FOR OFF-CAMPUS AND COMMUTER STUDENTS

### Tye Die on The Quad with the Counseling Center

Join the Tennessee Tech Counseling Center and the Off Campus and Commuter Student Network for a end of the semester mindfulness and stress management out on the Quad on April 18th. The Time is TBD!

### Join Our Eagle Engage Group!

Join the Off Campus and Commuter Network Eagle Engage Group [here](#). Stay up to date on all the newest events and services we offer!

## FEATURED ARTICLES

### How Practicing Mindfulness During Finals Can Help You

Finals can be a rough time of the year for us college students. There's the stress of exams, what you're doing for summer, and life stresses. Even though this season is busy it is so worth it to prioritize your mental health during this time. One way to prioritize your mental health is through practicing mindfulness. Mindfulness is a practice of non-judgmentally noticing the present moment non-judgmentally. Mindfulness can be as simple as noticing how fast your heart is racing after a rough workout. Mindfulness is also a way to help people to slow down and focus on the present moment. Some ways to be mindful are:

- Use the physiological sigh to reset your nervous system. The physiological sigh is a science-based tool to decrease anxiety. You can do the physiological sigh by inhaling two times and taking a long exhale.
- Maintain a gratitude journal.
- Get out in nature.
- Name the emotions that you're feeling.
- Take a mindful pause during your day.
- Tune into your five senses and notice what you are sensing.

### How Do I Make a Budget?

Budgeting can seem really complicated and daunting at first. With the right tools it can be an easy part of your monthly routine. Some ways to budget are:

- Use an easy budgeting app like Mint or PocketGuard.
- Calculate your monthly income and expenses. Income can include any scholarships you're getting, or the \$20 your parents give you for gas.
- Set a goal to budget once a month. Once a month sit down and look at your finances. Set your spending goals based on the last months expenses at first.
- Track your expenses throughout the month.
- Set goals for saving and use a high-yield savings account to reach your goals faster.

### Take Our Anonymous Off-Campus and Commuter Survey!



## OFF CAMPUS KITCHEN

### Brain Power Smoothie



Servings: 1



10 minutes

#### Ingredients

- 1/2 cup milk or plant-based milk of choice.
- 1/2 cup berries of choice,
- 1/2 banana.
- drizzle of honey.
- 1/2 cup Greek yoghurt.
- 2 handfuls raw spinach.
- 1/4 of an avocado.
- 1 TBSP almond butter

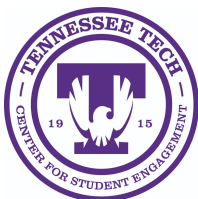
#### Directions

- Add all ingredients to a blender.
- Blend until smooth.
- Enjoy!



### 3 Benefits of the Brain Power Smoothie

- This smoothie is rich in omega 3 fatty acids, antioxidants, protein, vitamin C, and iron.
- Helps you to meet the recommended amount of 5 fruits and vegetables per day.
- Helps improve focus and concentration.



### 6 Food Safety Tips You Need to Follow

- Always wash your hands with soap and warm water for 20 seconds before cooking.
- Clean each surface before and after cooking to ensure food safety.
- Place raw meat on separate shelf below fresh fruits and vegetables to ensure you're not cross-contaminating.
- Use cooked leftovers within 3-4 days to maintain the best quality and freshness!
- Hold all your cold food at 40 F or below and hold all hot foods at 140 F or higher.
- Don't leave meat on the counter out to thaw! Instead thaw food in the fridge, under cold, running water, or in the microwave.