



# THE FALCON FLYER

## STUDENT NEWSLETTER

November Issue – 11/17/2025

Hey, Pioneers!

November is here, bringing shorter days, cozy vibes, and a good reminder to slow down and check in with yourself. 🍵🕯️

With finals approaching and the holidays just around the corner, we’re here to help you find your balance.

In this issue, you’ll find tips for **managing stress**, ways to care for your **well-being**, and events to help you **recharge** before the final push.

Let’s finish strong *and* take time to breathe along the way.



Tune In: Study Session Playlist 🎧



Need some focus vibes? We’ve curated a [playlist of instrumental covers](#) — perfect for studying, reading, or just zoning in.

And don’t forget to share your favorite tracks for our **Pioneer Playlist**! Submit your song and help us shape the next mix! 🎵

[Submit a song](#)

Important Reminders



**Now:** 🏠 **Spring 2026 Registration Is Open!**

Don’t forget to register for your **Spring 2026 courses**. Be sure to check for any registration holds and lock in your schedule!

[Go to MyCSUEB >](#)

**Now** 🏠 **Fall 2026 Graduate Applications are Open!**

Ready to take a step further in your academic journey? Consider pursuing a **graduate degree** to deepen your expertise and unlock doors to **new opportunities**.

[Visit Graduate Studies >](#)

Upcoming Events



**11/18** 🌟 **Fall Out of Stress**

Take a break from studying and recharge! Stop by the Library for **relaxing activities** like coloring, **stress ball making**, **snacks**, video games, or just a quiet place to rest.

[More info on BaySync >](#)

**11/20** 🍷 **Thanksgiving Dinner**

Join the East Bay Punjabi Society for a festive evening featuring a catered **Indian-style Thanksgiving meal**, light music, icebreaker games, community and connection.

[More info on BaySync >](#)

🎬 **Town Flicks: Free Movie Night at Raimondi Park**

Get cozy under the stars at a **FREE community movie night** featuring Pixar’s *Inside Out*! 🎬🌟 Hosted by Cal State East Bay, Pixar, and the Oakland Ballers — it’s the perfect way to unwind before finals.



- 📅 **Saturday, November 29**
- 🕒 Gates open at 5:30 PM
- 🎬 Movie starts at 6:30 PM
- 📍 **Raimondi Park**
- 🍿 Snacks and drinks available for purchase
- 🛋️ Bring picnic blankets or seatbacks to get comfy!

[Claim your FREE tickets!](#)

Academic Resources



📚 **Looking for extra support?**

Check out these resources to help you succeed:

**The SCAA** is here to support you through the final stretch! Get **same-day one-on-one help** from subject tutors, writing tutors, and peer academic coaches — **in person or online**. 🖋️

**The STEM Lab** provides **drop-in tutoring** for math and science! Study with peers in our **group space** with computers, couches, and whiteboards. **Need tech?** Borrow iPads, calculators, or textbooks—just bring your Bay Card. 💻

**The Library** offers more than just a study space—get support through **hybrid workshops** on research topics and more. Or recharge in the CORE with **tabletop games** and fellow Pioneers! 📖

Wellness Resources



🌿 **Wellbeing for your Success.**

Keep wellness a priority with these resources designed to help you thrive:

**The RAW** is your go-to for **fitness, fun**, and **stress relief** as finals approach. Break a sweat in the gym, join a group class, or recharge in the wellness lounge with **wii games**, **massage chairs**, and a relaxation room. 🧘

**The SHCS** is here to support your well-being with **medical** and **mental health** services, and **confidential counseling**—plus tips on self-care and managing **finals-related** or **holiday stress**. 💖

**Student Wellbeing Services** offers **basic needs** assistance, health education, **peer support**, and a **food pantry**—helping you stay nourished, supported, and ready to thrive. 🍏

🌿 **Take a Moment for Self-Care**

Feeling the **stress of the semester**? You’re not alone — and even a small break can make a big difference. ✨



🍪 **Perry’s Self-Care Cookie Break**

Our mascot Perry is here to remind you that **self-care can be simple** — like baking cookies and enjoying the moment.

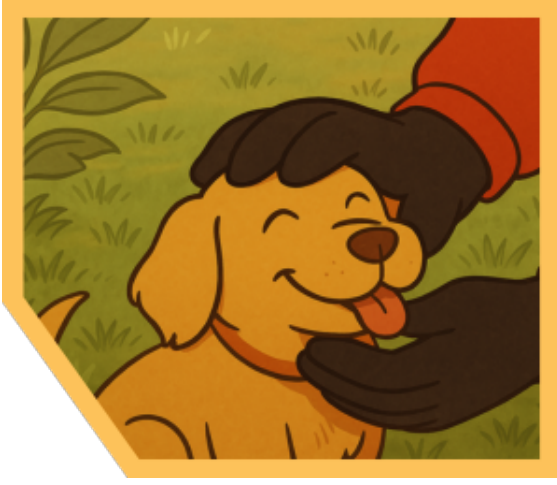
Watch Perry’s **ASMR-style video** and follow along to make your own **chocolate chip cookies**!

[Check out the video](#)

**Looking for more ways to unwind?** Here are a few calming, feel-good activities from Student Health & Counseling Services (SHCS):

🌿 **Pleasant Activities from SHCS**

- Get Outside** 🌞 Fresh air can do wonders for your mood and focus.
- Get Creative** 🎨 Journaling or drawing are great ways to clear your mind.
- Hang with Animals** 🐾 Spending time with animals is a proven stress reliever.
- Digital Detox** 📵 Unplug, breathe, and give your mind a moment to reset.
- Call Someone You Love** 📞 Even a short conversation can lift your spirits.



[See the full list from SHCS](#)

**In-Season Produce + Recipes** 🥕

**What's Fresh This Season:** Brussels sprouts, carrots, pears

**Quick Recipe:** *Roasted Veggie Bowl*

Toss Brussels sprouts and carrots with a little oil, salt, and pepper, then roast until golden and crispy. Serve over couscous or quinoa for a cozy, colorful bowl full of fall flavor.



**Snack Idea:** *Carrot and Hummus Snack Box*

Simple, crunchy, and always satisfying—pair carrot sticks with a scoop of hummus and a handful of crackers or pita chips. It’s the kind of snack that feels fresh and energizing, whether you’re in between classes or powering through a study session.

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