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THE FALCON FLYER

STUDENT NEWSLETTER

November Issue | 11.09.2026

Hey, Pioneers!

November is here, and the final stretch of the semester is just around the corner! 🍂

With deadlines, projects, and finals approaching, now's a great time to find your balance and make time for yourself.

This month, we're highlighting resources to help you **stay focused**, take care of **your well-being**, and recharge along the way. Plus, there's still plenty of **campus fun** to enjoy before the semester wraps up!

Let's make the most of November together!



🎉 Don't Miss: President Sandeen's Farewell Bash

Party the East Bay Way!

Get ready for an afternoon packed with East Bay energy! 🎉 Join us for a special farewell bash featuring **FREE food, games, activities, and live music**, including a special performance by rapper **JWALT**! 🎤🎶



🔥 *Grab your crew, bring the energy, and let's make this a party to remember!*

- 📆 **Thursday, November 12, 2026**
- 🕐 **12:00 PM - 1:30 PM**
- 📍 **MPR, South University Union**

Check @csueb for more info!

Upcoming Events



11/10 🤖 The Future Is Here: Business in the Age of AI

Explore the future of AI through **industry panels**, **faculty showcases**, and **engaging discussions**. Connect with AI leaders, faculty, and fellow Pioneers at a **C-suite mixer and dinner!**

Learn more and RSVP ›

11/17 🍂🍁 Fall Out of Stress

Feeling the semester stress? Take a well-deserved break at the CORE! Enjoy **food**, **drinks**, **games**, and relaxing **arts and crafts** to help you recharge.

More info at Library ›

Important Reminders



11/16 🏊 Open Enrollment Period Begins

Open enrollment for **Spring 2027** begins. Explore available courses, check for **registration holds**, and **secure your classes** for next semester!

Register on MyCSUEB ›

11/23 - 11/27 🦃 Fall Recess - Campus Closed

Campus will be closed for fall recess! Be sure to plan ahead, as campus meal services will be unavailable on certain days.

Important Dates › | Dining Hours ›

🌿 Campus Spotlight: Student Wellbeing Services

Support for the Whole You 💝

Your well-being matters! Student Wellbeing Services offers **basic needs support**, a **campus food pantry**, sexual health education and supplies, **mental health resources**, and self-care tips to help you stay healthy, balanced, and supported.

✨ *Explore resources to help you manage stress, prioritize your well-being, and support your personal growth.*

- 📍 **Wellness Center @ the RAW**
- 📍 **WellNest @ the North UU**

Student Wellbeing Services



Pause for PAWs 🐶🐾

Need a paws from studying? With finals just around the corner, unwind with **adorable therapy dogs** and **fun wellness activities!**



🐾 *Enjoy a break from the semester stress and give yourself some time to recharge.*

- 📆 **Tuesday, November 10, 2026**
- 🕐 **11:30am - 1:30pm**
- 📍 **RAW Center**

More info + register!

🎀 Hello Kitty Has Arrived at East Bay!

CSUEB x Hello Kitty? Yes, please! 💖

Hello Kitty meets Pioneer pride! 🎀✨ The new CSUEB x Hello Kitty collection has arrived at the **Pioneer Bookstore**, and you can be among the first to shop!



A little Hello Kitty magic has officially landed!

Shop the first drop of **sweatshirts and stickers** in-store or online, and stay tuned for more apparel coming soon! 💕

Shop Hello Kitty collection

🛳️ A Message from Your ASI President

Your ASI Update

Hey Pioneers,

Your voice matters, and ASI is working to make sure it's heard! We've been meeting with CSU stakeholders and continuing conversations following the October 29 campus dialogue to **advocate for student needs and concerns**.



We were also proud to celebrate our first-generation students during **First-Gen Week!** Looking ahead, we have exciting collaborations with student leadership groups and holiday-themed events planned.

With two Board of Directors meetings left this semester, we encourage you to attend and share your ideas through public comment. **Your perspectives help inform ASI's work and campus advocacy.**

As the semester gets busier, remember to prioritize your well-being, give yourself grace, and lean on your support systems.

East Bay All the Way!
Matthias Dempsey, ASI President

Follow @asicsueb for updates

🍎 In-Season Produce + Recipes

In Season, In the Kitchen

Seasonal produce is often fresher, more flavorful, and **budget-friendly**. Check out what's in season this month, plus quick recipes and snack ideas.

What's Fresh: Kale, sweet potatoes, pomegranates

Easy Recipe: *Sweet Potato & Black Bean Tacos*



Toss diced sweet potatoes with olive oil and taco seasoning, then roast until tender. Load into warm tortillas with black beans and salsa for a hearty, budget-friendly meal

Make it your own: Top with avocado or shredded cheese for extra flavor!



Snack Idea: *Pomegranate Trail Mix*

Mix pomegranate seeds with almonds, pumpkin seeds, and a sprinkle of dark chocolate chips for a colorful, satisfying snack. It's the perfect little pick-me-up between classes or study sessions.

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