



THE FALCON FLYER

STUDENT NEWSLETTER

March Issue - 03/10/2026

Welcome to March, Pioneers!

We hope your semester is in full swing and you're finding your stride as midterms approach. 🌟

March is packed with ways to plan ahead — from **career** and **grad school** events to **campus fun**, community celebrations, and opportunities to **recharge** along the way.

So get ready to work hard, make connections, and enjoy everything campus has to offer!



🏆🏀 30-0. History on Our Court.

UNBEATEN. UNTOUCHED. UNSTOPPABLE. 🔥

Our Men's Basketball team claimed their **first-ever CCAA Championship**, pushing a flawless season to 30-0!

With **major honors** and national attention, the Pioneers carry serious momentum into the **NCAA Division II Tournament**.

And for the first time in program history, we're **hosting the West Regional at Pioneer Gym!**

Pioneer Nation, let's pack the stands and show up loud! 📣❤️ #BEBold



[Visit Athletics for details](#)

📱 Sam on the Street: Screen Time Check 🗣️

How many hours a day are you really on your phone? Sam asked students (and staff 🗣️) to share their average screen time — and let's just say... it adds up.



📱 What's your screen time?

Between classes, scrolling, and sometimes work, our phones are basically extensions of us. It might be time for a quick screen check — or even a **mini digital detox**.

Need a break from the scroll? Keep reading for **ways to recharge on campus**. 🌱

🏋️🎮 Campus Highlight: The RAW Center

Looking to boost your mood, build strength, or just take a break from studying? The RAW is your all-in-one spot for movement and wellness on campus.



🏋️ Solo Workouts & Group Fitness

From **free weights** and **cardio equipment** to group fitness and workshops, there's something for **every energy level and experience**.

Get your dance on with hula, Bollywood, or Zumba, **push your limits** with HIIT, or **find your flow** with yoga.

🧘 Relax & Recharge

Unwind in the **meditation rooms**, stop by the wellness lounge (complete with **Wii games**), or de-stress at special events like **Pause for PAWs**.

Whether you're training hard or just trying something new, the RAW makes it easy to **show up for yourself**.



[Visit the RAW Center](#)

🎉 Block Party Highlights + What's Next

🎂 Perry's 1st Birthday Bash was a hit! 🥳❤️

Thank you to everyone who came out to celebrate one year since Perry hatched! From **live music** and games to **sweet treats** and **birthday vibes**, it was a party to remember.

📱 Check out some of our favorite moments below!



🎉 Save the Date: March Block Party

The Block Party fun continues! Join us again this month for an afternoon of music, community, and fun campus vibes.

- 📅 Thursday, March 19
- 🕒 11:30 AM - 1:30 PM
- 📍 UU Lawn & Walkway

Stay tuned for more info!

📅 Upcoming Events

🎓 Student Opportunities



3/12: 🍀 Pause for PAWs

Get a little extra luck (and a lot of fluff)! Drop by for some **paw-sitive** vibes with **adorable therapy dogs**, free food, and a well-deserved study break.

[Register on RAW Portal](#)

3/12: 🎤 Powerhouse Ladies Concert

Celebrate Women's History Month with a **free concert** featuring 3 **powerhouse singers**, presented by the CSUEB Music Department.

[Visit Music for more info](#)

3/25: 🏆 The Playground Trials

Don't miss this epic day of **Squid Game-inspired challenges**, creative stations, **free food**, and prizes. Bring your friends, **test your skills**, and be part of the competition and community!

[More info on BaySync](#)

Now: 🎓 Pioneer Scholarships for 2026-27

Pioneer Scholarships for 2026-27 are **still open**, with **early April** deadlines near. Don't miss your chance to secure funding for next year. **Apply today!**

[Pioneer Scholarships](#)

3/12: 🎓 Spring Virtual Grad School Fair

Considering **grad school**? Meet reps from 50+ programs and learn about admissions, applications, and more.

[Learn more & register](#)

3/19: 🧬 STEM & Healthcare Career & Internship Fair

Connect with **leading employers**, explore opportunities in STEM & healthcare, and grab a **free professional headshot** to boost your LinkedIn!

[Register on Handshake](#)

🍷 In-Season Produce + Recipes

What's Fresh This Season: Asparagus, peas, strawberries

🍷 Quick Recipe: Spring Lemon Pasta

Fresh, light, and full of spring flavor—cook pasta, then toss it with sautéed asparagus and peas, a drizzle of olive oil, and a squeeze of lemon.

Tip: Boost the protein by adding chickpeas or grilled chicken.



🍷 Snack Idea: Strawberry Yogurt Bark

Spread yogurt (dairy or non-dairy) onto a lined tray, sprinkle with sliced strawberries and granola, then freeze until firm. Break into pieces for a cool, refreshing snack that feels like a treat!

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