



THE FALCON FLYER

STUDENT NEWSLETTER

April Issue – 04/06/2026

Welcome back, Pioneers!

We hope you had a restful and fun-filled spring break! 🌻

As finals approach, this is the perfect time to **refocus, take care of yourself**, and make the most of what campus has to offer.

This month's newsletter brings you **fun events**, wellness opportunities, and **study tips and resources** to support you every step of the way.

You've got this—let's finish strong!



🍎 Bookstore Must-Haves

📖 Spring Deals + Study Essentials

Get ready for finals and beyond! Shop the **Spring Apple Sale (April 6–10)** to save extra on iPads and Macs while it lasts!

Plus, stock up on scantrons and test materials, and rep your Pioneer pride with new **CSUEB merch**.

Everything you need — all in one stop.

[Shop the Bookstore](#)



🎵 Perch Perfect: Fresh Sounds from CSUEB Artists

Perch Perfect puts the spotlight on **talented CSUEB students and alumni**, showcasing **original music**, creative collaborations, and **fresh sounds** from our campus community! 🎶



🎤 Perch Perfect 3 Premieres Tomorrow

Meet **Justin Kwan** and **Lauren Cadotte**, an alumni-student duo bringing fresh production and powerful vocals to the stage. Check out their [Spotify!](#)

Watch the teaser video now, and be sure to catch the [full episode](#) on **YouTube** tomorrow at 12PM.

📚 Finals Ready: Tips & Campus Resources

Final Stretch Study Tips

As finals approach, it's **time to lock in** and set yourself up for success. Here are a few tips to help you **stay focused** and **prepared**:



- 📅 **Plan it out:** Map your exams, deadlines, and study time to stay on top
- 🕒 **Study smarter:** Use short, focused sessions with breaks to avoid burnout
- 📍 **Find your spot:** Choose a comfortable space where you can stay focused
- 🗣️ **Stay motivated:** Study with friends or in a group space
- 💤 **Take care:** Sleep well, eat well, and hydrate — your brain needs fuel to perform at its best

Need Support? We've Got You.

You don't have to tackle finals alone — campus resources are here to help you **stay on track, focused, and confident**:

- 📖 **The Library** offers quiet study spaces, group rooms, and **extended hours** during finals.
- 🖋️ **The SCAA** provides 1:1 **tutoring**, writing support, and peer coaching.
- 🔧 **The STEM Lab** offers **drop-in tutoring**, group study space, and **tech or textbooks** to borrow.



🎪 Don't Miss: EB Jamboree!

Big vibes. Live music. Unforgettable energy. 🎶

Get ready for one of East Bay's biggest events of the year! EB Jamboree brings the energy with live music, **carnival food trucks**, **amusement rides**, and classic **carnival games and prizes**—plus free snacks and nonstop festival vibes.



Don't miss out! 🎉

Grab your friends and get ready for a day packed with music, energy, and non-stop fun!

- 📅 Thursday, April 23
- 🕒 11:00 AM – 3:00 PM
- 📍 Music Lawn & Redwood Grove

[More info on ASI](#)

Upcoming Events

Student Opportunities



4/7: 🎉 Party Play

Join us for our annual Party Play event! Enjoy **games** and activities, **obstacle courses**, **food**, **drinks**, and **music**. It's the perfect chance to have fun, relax, and connect with friends!

[More info at UU >](#)

4/9: 🎤 Faith Zapata - Live Acoustic Set

See CSUEB alumna and rising artist **Faith Zapata** perform live on campus! Enjoy an intimate **acoustic set** featuring fan favorites and **new music**.

[More info >](#)

4/21: 🌸 Spring Out of Stress!

Take a well-deserved study break and recharge! Stop by for **relaxing activities** like coloring and stress ball making, plus **games** and **free food** to help you unwind.

[More info >](#)

🔋 Recharge at the RAW

The RAW is your go-to space to recharge —through **intramural sports**, **group fitness**, or even **Pause for PAWs**. There's something for every kind of study break.

[Visit RAW Portal >](#)

🧠 Counseling & Support at SHCS

The SHCS supports your overall well-being with **medical**, **mental health**, and **counseling services**—plus tips and resources for self-care and managing stress.

[Visit SHCS >](#)

🍎 SWS: Here for the Whole You

SWS offers access to the **campus food pantry** and basic needs support, along with **health**, **nutrition**, and **wellness** resources to help you stay fueled and thriving.

[Visit SWS >](#)

🥬 In-Season Produce + Recipes

What's Fresh This Season: Spinach, avocados, lemons

👉 Quick Recipe: Spinach & Egg Wrap

Sauté a handful of spinach, scramble it with eggs, then wrap it all up in a warm tortilla. It's a quick, protein-packed meal that keeps you fueled through study sessions.

Tip: Add feta, sliced avocado, or a dash of hot sauce for extra flavor!



🍹 Snack Idea: Frozen Lemonade Bites

Mix fresh lemon juice, a little honey, and water, then pour into an ice cube tray with chopped mint or berries. Freeze and enjoy as a refreshing treat—or drop a cube into your water for a hint of flavor and a little hydration help.



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