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## LEADERSHIP LETTER

### From the Chancellor

Thank you for your dedication, flexibility and commitment to our students and to each other. For those of you whose families have already been affected by health issues caused by COVID-19 and the tumultuous economic conditions, we offer our thoughts of caring. These certainly are difficult times. Remember we have many resources available for both your mental health as well as your physical health. You will find more resources at

<https://www.crk.umn.edu/units/counseling-services/mental-health-employees>



Please review the Self-Check list below that our mental health experts provided. If you or your loved ones have some of these feelings and exhibiting these characteristics, please make use of the available resources.

### Mental Health: Recognizing Your Distress — a Self-Check List

- Increased anxiety, worry, fear, and feelings of being overwhelmed
- Depressive symptoms that persist and/or intensify
- Inability to focus or concentrate accompanied by decreased academic performance
- A feeling of hopelessness and/or a paralyzing fear about the future
- Sudden anger and disruptive behaviors or noticeable changes in personality
- Sleep difficulties
- Excessive crying

- Isolating or withdrawing from others, fear of going into public situations

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- Unhealthy coping (e.g., increased alcohol or drug use, engaging in risky/impulsive behaviors)

### **Mental Health Tips**

- Acknowledge reactions. Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears and uncertainties of the future.
- Maintain your day-to-day normal activities and social outlets. Resist withdrawing and isolating yourself from the support and caring that others can provide.
- Seek accurate information from the [Centers for Disease Control & Prevention](#) and limit exposure to social media and news reports that provide no new information.
- Pay attention to positive news instead of only focusing on negative and fear-producing reports.
- Practice calming rituals. Stay grounded in the present moment, which can help you maintain an internal sense of stability and balance when outside events feel threatening.
- Seek supports and use campus resources. Reach out to friends and family and learn about campus resources available. If you or someone you know has high distress that does not seem to be lessening, talk about it with others or call the counseling center, 218-281-8571, or 218-281-8348. Your campus community is here to help!

### **System wide Strategic Planning**

Please join us for a System wide Strategic Planning Town Hall on Friday April 3 from 1-2 p.m. Use the Zoom webinar registration and link for that day [here](#) and use the [Survey link](#) to submit questions beforehand to the president, chancellors, and senior leaders. You will also be able to submit questions during the presentation online. The PDF of the System wide Strategic Plan Commitments and Goals and the University of Minnesota Crookston Strategic Plan can be found here: <https://www.crk.umn.edu/strategic-planning>. We will continue to work on our strategic initiatives as the system wide plan is developed and coordinate our plan with the system wide work.

### **Your Zoom Look**

Are you wanting to up your Zoom game? Try putting some of these backdrops behind your face. [z.umn.edu/zoombackgrounds](https://z.umn.edu/zoombackgrounds). This allows your dog, kid or spouse to stick their head into your backdrop and not be seen, although many of us on the Zoom calls enjoy seeing your littles and others in your daily life.

I want you to know how appreciative we are for all you do to care for the needs of our students and provide quality instruction and learning during this challenging time

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Sincerely,

Chancellor Holz-Clause



We have created a [live chat](#) that can be accessed directly from the [Crookston COVID-19 webpage](#).



**From Financial Aid**

2019-2020 Outstanding Student Employee of the Year

Each year our office asks anyone who supervises a student employee nominates an individual who is worthy of being selected as the UMN Crookston Student Employee of the Year. This is not limited to only students who are funded with work study dollars but instead any student employee at the University of Minnesota Crookston.

A small committee reviews the nominations and the selected student employee is recognized at the April Student Awards Ceremony, will receive a \$500 scholarship, and has his/her name engraved on a plaque that resides outside of our office.

Student employment is such an important piece of the University and the different areas students serve. I think many would agree that our departments would struggle without them!

To nominate a student click [here](#) to fill out a nomination form and sent it to Kayla Pahlen by Friday April 10, 2020

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### From Student Activities

With the changes of going online and on campus events being cancelled that has also cancelled the in person student awards ceremony set for April 30. While we do not know exactly what this will look like quite yet, we would still like to recognize our students and their achievements. Please continue to fill out the google form and submit the students you would like to present awards to. You can do that by following this link -- [CLICK HERE](#). **The deadline to submit awards will be extended to April 10.**

**Please also consider nominating students/clubs for the following awards:**

#### [UMC Student Volunteer of the Year](#)

The UMC Student Volunteer of the Year not only volunteers many hours but exemplifies the spirit of community service. He or she makes an outstanding contribution to the community (UMC, local, regional, national, or world) through volunteer service and demonstrates exceptional commitment, service, creativity, cooperation, or leadership.

This volunteer serves as a role model for others in their community and inspires others to engage in volunteer service too. **Application materials are found [here](#).**

#### [Dale Knotek Community Service Award](#)

Named for Dale Knotek, former Student Activities director at UMC, this award honors the UMC club which best exemplifies outstanding commitment to service in and around Crookston. Clubs are welcome to apply through a self-nomination process. The award is presented at the spring Student Achievement Awards ceremony. **Application materials are found [here](#).**

**If you have any questions, please don't hesitate to reach out to Megan Beck at [msbeck@crk.umn.edu](mailto:msbeck@crk.umn.edu)**

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### From Enrollment Management

Recruitment never stops! Though we are faced with a new challenge of not being able to meet with students and families face-to-face, we're taking this opportunity to find new ways to serve them virtually. We are putting together "Virtual Campus Experience" visits and a "Virtual Golden Eagle Admit Day" live-streamed event. The good news is, we had most of

our travel for the year already completed.

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Did you know our admissions counselors drive across five states during the recruitment year? Minnesota, North Dakota, South Dakota, Wisconsin, and Iowa. So far this year our team has traveled more than 27,000 miles with more miles to go. Our trips have included more than 100 high school visits, more than 100 state education fairs, two year college & classroom visits, articulation agreement meetings, lots of college and career expos, and many other recruitment activities. We have literally met with thousands of domestic and international prospective students and families.

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### **From the Student Success Center**

#### ***Tutoring, Study Groups, Writing Center, and Academic Coaching (NEW)***

We understand that this can be a stressful time for many of the students. The Student Success Center (SSC) will still offer tutoring, have study groups, and provide feedback on writing projects. We are also implementing a new service, academic coaching, where students can meet virtually with one of our staff members to discuss study skill improvement. Check out the [SSC website](#) for more information regarding tutoring, study groups, the Writing Center, or our new academic coaching. For questions, email [umcssc@crk.umn.edu](mailto:umcssc@crk.umn.edu).

#### ***Academic Probation Advisor Meetings***

Students are at the point where they should be requesting their Mid-Semester Meeting with their advisor. This meeting is to be completed by April 6th at 4:30 p.m. If you have not heard from your advisees who are on academic probation this semester, we encourage you to reach out to check in with them.

#### ***Inspired Art Journal***

The new [Inspired Art Journal](#) has recently been released!! What is it? It is a publication of creative writing and art from students and staff of the University of Minnesota Crookston.

Would you like to be a published author or artist? Consider submitting your creative writing, poetry, photography, or art piece to the next Inspired Art Journal. Submissions can be made [here](#). All submissions must be original. For questions, contact [umcwrite@crk.umn.edu](mailto:umcwrite@crk.umn.edu).

#### ***Advice from the Student Success Interns***

##### **Registration**

Dear faculty (and staff), the Student Success Center (SSC) would like to thank you for the effort you are putting in through this whole transition to online learning. As registration is

approaching, we encourage you to schedule Zoom meetings with your advisees. It is important for us to try and have a similar routine from when we were on-campus. Many

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students need some extra motivation and seeing your face could be just the thing to help them stay on track.

Of course, we are also here to assist and will provide Virtual Advising sessions for students who need it. A staff member in the SSC will be available starting March 30 and through April 10 from 9 a.m. and 11 a.m. and 1 p.m. and 3 p.m. Students can email [umcssc@crk.umn.edu](mailto:umcssc@crk.umn.edu) to request an advising session.

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## HIGHLIGHTS

### From Crookston Student Association

CSA applications are available this week! If you're interested in applying click [here](#).

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### University of Minnesota Twin Cities - COVID-19 Podcast

To understand the challenges and gain insight into our “new normal” with COVID-19, the School of Public Health launched [Health in all Matters \(Series 1: COVID-19: When a pandemic sweeps the modern world\)](#), a weekly podcast focused on the many issues COVID-19 brings into question, such as transmission and prevention, life in a pandemic, loneliness and mental health, the medical supply chain, etc.

The [podcast](#) is hosted by physician and reporter Michael Joyce and will include expert voices from University of Minnesota faculty and their colleagues around the world.

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### Well-being Resources - Earl E. Bakken Center for Spirituality & Healing (UMNTC)

On [this page](#), you will find resources that you are welcome to deploy in a variety of ways.

While each topic, on fear and anxiety; altruism; isolation; gratitude; self-care; prioritization; positivity, and mindfulness can be printed as a PDF

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## FACULTY & STAFF UPDATES

### Welcome

- **Sok Leng Tan**, Director of Global Programs, UMN Crookston

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## SEE ALL EVENTS

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## LOOKING FORWARD

- Farm to Table Dinner - Thursday, August 13, 2020
  - \$100 general public
  - \$75 UMN Crookston faculty, staff, and students

