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Campus Updates

From Northwest Research and Outreach Center

The Northwest Research and Outreach Center (NWROC) is looking for UM Crookston undergraduate students to assist researchers in laboratory work. Opportunities may be available for summer work. To obtain an application, log on to: <https://www.nwroc.umn.edu/about/employment> . Email application to Maureen Aubol at aubo0002@umn.edu.

From the Disability Resource Center

The Disability Resource Center (DRC) is committed to equitable access for anyone who learns differently—even online! If you have chronic migraines, other chronic health issues, ADHD, mental health conditions, sensory issues, learning disabilities or any documented condition that you struggle with that causes a barrier to learning, contact the DRC.

Try our new our new UMC DRC online portal to register. It's confidential and easy.
<https://dr2.crk.umn.edu/dr-ace/studentPortal>

The DRC can help you with accommodations for your courses--things that give you an equitable chance online like extra time on tests or flexible dates on assignments, supportive technology and more. Accommodations are tailored to your needs. Let's explore

If you have any question, contact Gail Myers at myers062@umn.edu



Last week's Tuesday

Trivia Question: What is Scotland's National Animal?

Answer: Unicorn

Winner: Katie Emmett

From the Student Success Center

Tips on Being Successful with Online Instruction

We understand that this can be a stressful time for many of you and want you to know that we are here to support you through this transition to online instruction. Know that the Student Success Center (SSC) will still offer tutoring, have study groups, and provide feedback on your writing projects. We are also implementing a new service, academic coaching, where you can meet virtually with one of our staff members to discuss study skill improvement. Check out the [SSC website](#) for more tips on being successful with online instruction.

Writing Center

Through the [Writing Center webpage](#), UMC students will still be able to receive feedback on your writing projects. Depending on the type of feedback you would like to receive, you can sign up one of two ways:

- If you would like to have a video conference discussion about your project, use the "Services for On-Campus Students" dropdown and click the "[Make Appointment](#)" button to schedule a time with a Writing Center Consultant. Select a time that works

for you and upload your writing project. Your Writing Center Consultant will then email you a link to join the video conference a few minutes prior to your meeting.

Tra

- If you would prefer to submit a paper for feedback but skip the live interaction, use the “Services for Online Students” dropdown and click the “[Online Consultation Request](#)” button. Complete the questionnaire and be sure to upload the draft of your writing project and the instructions from your professor. A Writing Center Consultant will record a video with some suggestions and email them back to you within a day or two.

Both forms of feedback will require time for the Writing Center Consultants to read your draft and form ideas on improving your writing projects. Please request the Writing Center help at least two days prior to the due date of the project so that the Writing Center can give useful feedback to improve your project. As you have questions pertaining to writing, please email them to umcwrite@crk.umn.edu.

Tutoring

Tutoring is still available while classes are online! If you would like to start meeting with a tutor, visit the [SSC Tutoring page](#) to learn more and **request a tutor**. We are here to support you! If you are nervous about meeting with a tutor online, the staff from the SSC are ready to train you on how to use various video conference software. If you have any questions about tutoring, please email them to umctutor@crk.umn.edu.

Advice from the Student Success Interns

Using Your Available Resources

As we keep going through this difficult situation adjusting to online classes might be difficult for some of us. Always remember that tutoring services are still available online and that you can meet with your tutors via Zoom. It is also important to remember that you can email your Professors and meet with them too. Make sure that you contact your tutors or your professors if you are struggling with any classes or have any questions about anything. We all want to succeed and making sure we stay connected and communicate are ways we can make sure that happens.

The Student Success Center is now also offering Academic Coaching, which is where you can meet with an SSC staff member about basic study skills improvement. Students who just want to meet once or twice to get information about topics such as how to read more efficiently, study better for tests, or manage time more effectively. Follow the link [here](#) to request an Academic Coaching session.

Inspired Art Journal

The new [Inspired Art Journal](#) was released earlier this semester!! 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](#) and are due May 4th. All submissions must be original. For questions, contact umcwrite@crk.umn.edu.

Highlights

From the Wellness Center

Motivation Monday: *"Be strong because things will get better. It may be stormy now, but it never rains forever."* - Evan Carmichael

Home Workout Tuesday:

Five Sets of everything
15 seconds of rest in between exercises
60 seconds of rest in between sets



Super Set #1

- 1a. V-Ups 30 seconds
- 1b. Alternating BW Split Jump 45 seconds

Super Set #2

- 2a. Alternating BW Lateral Lunge 45 seconds
- 2b. Bench Dips (can use a table chair) 30 seconds

Super Set #3

- 3a. BW squats 60 seconds
- 3b. Jumping Jacks 120 seconds

***Check out this link if you don't know how to do any of these**

workouts: <https://docs.google.com/document/d/1F3Ht4Vz4LAM1iGXUeljRAdVM3QCgCns>

Wellness Wednesday:

Ways to support yourself during Social Distancing, Quarantine, and Isolation

· EDUCATE YOURSELF

- Health care providers and health authorities should provide information on the disease, its diagnosis, and treatment.
- o Do not be afraid to ask questions—clear communication with a health care provider may help reduce any distress associated with social distancing, quarantine, or isolation.
- o Ask for written information when available.
- o Ask a family member or friend to obtain information in the event that you are unable to secure this information on your own.

Food Friday

Bean Rice Burger – See the post on Friday for the full recipe.

Events



Crookston Student Association Full Board Meeting

The Crookston Student Association will be holding a regular Full Board Meeting. Clubs who have official business should plan on attending via Zoom: CSA Full...

🕒 4/9 12pm



<https://umn.zoom.us/j/506560694>

[I'm Interested](#)



Learn to Live (free online mental health...)

Recurring event - click to view more dates.

Learn to Live (free online mental health resource) available for students, staff, and faculty. Now more than ever is a great time to access these valuable...

🕒 9:30am

[I'm Interested](#)



University of Minnesota School of Nursing...

Any undergraduate degree can launch you into the nursing profession through the Master of Nursing program. Join us online to learn more and ask...

🕒 4pm

[I'm Interested](#)

All Events

