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## Leadership Letter

### From the Chancellor

Dear Students,

I hope an extra day off away from Zooms and classes was restorative.

#### Town Hall—Campus Assembly

We postponed our town hall-campus assembly scheduled for March 25. At that meeting, we had plans to celebrate a 25<sup>th</sup> birthday of an important UMN Crookston “person,” however, like so many celebrations, we will look for another day. In the meantime, we will host a Town Hall-Campus Assembly to provide you updates. Topics planned include budget, curriculum, and athletics updates, enrollment projections for Fall, and reports from committees. If you have other topics you would like us to cover, please use this link to submit them.



<https://forms.gle/aajHqQJLmrgF98SM7>

The link will close on Friday April 17 at noon.

**The Town Hall-Campus Assembly will be April 21 from 12:30-1:45 p.m.** Details about how to attend will be forthcoming. After we gather additional general topics from you, we will send out an agenda and a URL where you can post your specific questions.

## Summer Activities

We are beginning to determine our summer offerings and activities on campus (or not). While much is unknown, we need to plan for various scenarios. We have been in contact with the organizers of major summer activities and are trying to be as flexible as possible on accommodating the wonderful things we have done in the past. One accommodation that was relatively easy for us is summer classes. Historically, we have offered classes online only in the Summer, which we will continue. In addition, we will offer a May term for GBUS 1005: Introduction to Online Learning. For those of you who need to get back to campus to pick up your belongings, we hope that date when it is safe to travel to campus will be sooner than later.

## Commencement

Systemwide virtual commencement activities will be announced soon, as the details are determined. We are also honing in on a date for an in-person Fall celebration. More details will be forthcoming on how we will honor the Class of 2020.

As you go into the week, I would like to share with you a message our Campus Advisory and Advocacy Board member, Judy Streifel-Reller shared with me. The message includes a poem, and though Judy wasn't sure of the author, my quick search attributed it to several people. With her permission I am sharing it with you all and hopefully we can agree to simply say "author unknown."

I have been thinking of you and our beloved UMN Crookston. These are certainly unprecedented times and yet at the same time opportunity for a reset that could launch higher education delivery into a whole new path.

*Others will be swept up with anxiety and fear,  
I will set the intention to keep my heart steady and clear.  
Others will be greedy  
I will be generous.  
Others will be angry  
I will practice love.  
Others will be clinging and contracted  
I will keep myself open.  
Others will forget  
I will remember what really matters.*

-Author unknown.

# Campus Updates

## From the Student Success Center

### 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](mailto:umcwrite@crk.umn.edu).

### News from the Student Success Interns

Greetings from the Student Success Center Interns! We wanted to share some news about our upcoming virtual event:

- We will be hosting a webinar about the importance of having an internship and gaining experience throughout your college career before you enter your field. The webinar will occur Tuesday, on April 21st, from 1:00 p.m. to 2:30 p.m. CDT. Use this [Zoom Link](#) to join us!

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Check out our social media each day for more detailed posts.

### Wellness Center Weekly Updates

**Motivation Monday:** *"You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give."*

- Eleanor Roosevelt

### Home Workout Tuesday:

Five Sets of everything

15 seconds of rest in between exercises

60 seconds of rest in between sets



## Superset#1

- 1a. BW squat jumps 30 seconds
- 1b. Dead bugs 30 seconds

## Superset#2

- 2a. Flutter kicks 45 seconds
- 2b. Mountain climbers 60 seconds

## Superset #3

- 3a. BW V-ups 30 seconds
- 3b. Alternating single leg RDL 60 seconds

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

**workouts:** <https://docs.google.com/document/d/1F3Ht4Vz4LAM1iGXUeljRAdVM3QCgCnsrSS2SFpZMsE0/edit?usp=sharing>

**Wellness Wednesday:**

“Good sleep is not just nice to have, it's absolutely essential to your health.”

Why is sleep such an immunity booster? It has to do with a type of protein released by your immune system, called cytokines. Think of these as your body's go-to soldiers that fight off invaders and are enlisted whenever an infection is detected. They're also a response to injury, and they cause inflammation as a way to kick off wound healing.

When you don't get enough good sleep, the production of these cytokines decreases, along with the development of infection-fighting antibodies, giving you fewer defenses against a virus.

[https://athletictrainers.inloop.com/en/article/149838?utm\\_source=Mailjet-athletictrainers&utm\\_medium=newsletter&utm\\_campaign=Athletictrainers-7374-s-en-300320&itd\\_did=7374&itd\\_uid=67970](https://athletictrainers.inloop.com/en/article/149838?utm_source=Mailjet-athletictrainers&utm_medium=newsletter&utm_campaign=Athletictrainers-7374-s-en-300320&itd_did=7374&itd_uid=67970)

**Food Friday**

Protein Bowl – See the post on Friday for the full recipe.

Check out this link for updates on the virus specific to UMC, <https://safe-campus.umn.edu/public-health-alerts>

Any questions or concerns please contact Kolby Castillo, [casti151@crk.umn.edu](mailto:casti151@crk.umn.edu), 218-281-8802 or Veronica Lundquist, [lundq151@crk.umn.edu](mailto:lundq151@crk.umn.edu).

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# Highlights

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## TRIVIA TUESDAY

How many Legos have been lost in the Lego play area at the Mall of America?

[Click here to answer the question for your chance to win a prize!](#)

### Last week's Tuesday

**Trivia Question:** In 1995, Crookston Minnesota was the \_\_\_\_\_ capital of the world.

**Answer:** Bigfoot or Sasquatch

**Winner:** Charli Schocker

## Events



### No More Campaign

*Recurring event - [click to view more dates.](#)*

Pledge No More Together, we're making a commitment. Take the pledge to: Know More, Stand with Survivors, and Speak Up. Together we can end domestic...

🕒 7am  
📍 Online

[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](#)

Career Service - Virtual Q & A



Join UMN Crookston Career Services for a virtual Q & A. Topics may include: 1) GoldPASS Powered by Handshake 2) Online employment platforms 3) Upcoming...

🕒 12:15pm

📍 Virtual Q & A - Zoom Room ,

[https://umn.zoom.us/j/99655393145?](https://umn.zoom.us/j/99655393145?pwd=VGkyempZempnNoN6WSgydohiWkEwQTog)

[pwd=VGkyempZempnNoN6WSgydohiWkEwQTog](#)

[Register](#)

[I'm Interested](#)



MS Finance Virtual Visit Day

Still considering next steps to take after graduation or in your career? Go further, faster in your career with a one-year master's degree in Business...

🕒 2pm

📍 Virtual Visit Day , Zoom Room

forthcoming - pre register requested

[Register](#)

[I'm Interested](#)

# All Events

