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Campus Updates

From the Student Success Center

Inspired Art Journal

Would you like to be a published author or artist? Consider submitting your work to the next [Inspired Art Journal](#). Submissions will be accepted through September 30, 2020. We welcome submissions of original fiction, non-fiction, poetry, photography, and other visual artwork from any University of Minnesota Crookston student (including online students), faculty, or staff member. Submissions can be made [here](#). All submissions must be original. For questions, contact umcwrite@crk.umn.edu.

Words from the Student Success Interns

Finals Week

Finals week is here and it will be done faster than we think. This year has been demanding and has required everyone on-campus to put in a lot of work and time to make sure that the rest of the semester went smooth. Congratulations to the Seniors as they have finished their time here at UMC; it will be sad to see everyone go. For students who will be returning in the fall, we cannot wait to see you back next semester and engage with you at our programs that will focus on success for every student.

Do not forget to fill out our survey, linked [here](#), so we know what to bring to you for programs and events to help you succeed as a student!

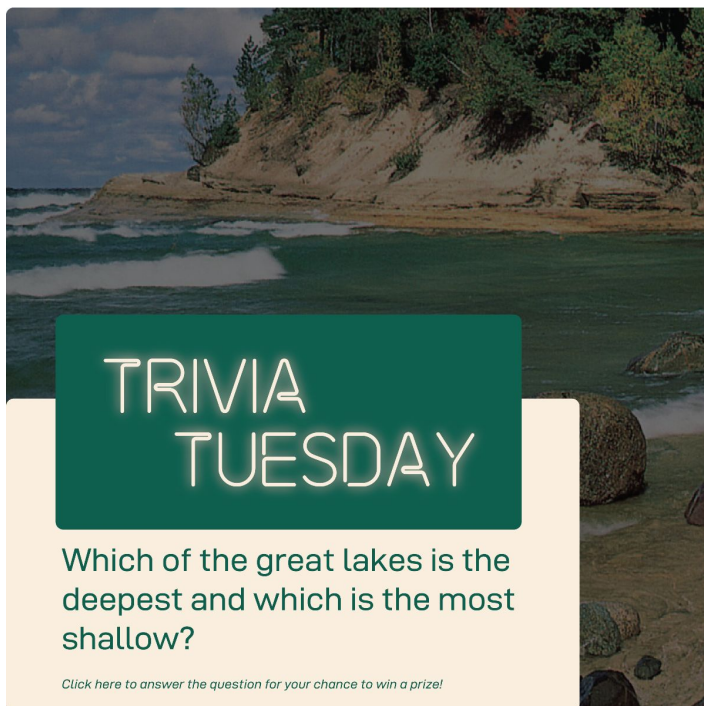
The University of Minnesota, Division of Physical Therapy students and faculty are offering free online, video based physical therapy visits, commonly referred to as "telePT".

Online visits will be conducted through a secure online video conferencing software. Each visit will be conducted by a student physical therapist and supervised by a licensed physical therapist who is a University of Minnesota Division of Physical Therapy faculty member.

Individuals will be given a video based examination, and provided with recommendations to address their reasons for seeking physical therapy services.

Interested individuals should click on [this link](#) to review a consent form to receive online physical therapy services.

Highlights



Last week's Tuesday Trivia Question: What Minnesota river runs north and empties into Lake Winnipeg in Canada

Answer: The Red River

Winner: Meghan Cerney

Staff Feature: Jessie Hanson, Assistant Director of Admissions

Tips for Students:

1. People are fascinating. Get to know someone outside of your friend group. Talk to someone in class you've

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never talked to before. Sit next to someone at an event that's sitting alone. You never know, you might just make a new friend.

2. TAKE ADVANTAGE OF THE WRITING CENTER!

Whether it's to have someone look over a paper before you hand it in, or get help on that APA writing style you're questioning why you need to learn. I did not take advantage of this free resource until I was in graduate school and regret not doing it sooner. I dreaded writing papers because I thought I was a bad writer, but having someone edit my papers and give me tips made me a better writer and I found myself procrastinating less.



Favorite Quote: "Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny" - Mahatma Gandhi

In the Photo: Jessie, Wade, Cass (2.5 years old), Hayden (5 months old).

From the Wellness Center

Motivation Monday: "Difficult Roads often lead to Beautiful Destinations. - Zig Ziglar

Home Workout Tuesday:

Five Sets of everything

15 seconds of rest in between exercises

60 seconds of rest in between sets

Superset#1

1a. Alternating Lunge with a Twist 45 seconds

1b. Suitcase abs 45 seconds

Superset #2

2a. Tuck Jumps 30 seconds

2b. Spiderman Planks 45 seconds

Superset #3

3a. Inchworms with a pushup 45 seconds

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3b. Side crunches 60 seconds per side

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

workouts: <https://docs.google.com/document/d/1F3Ht4Vz4LAM1iGXUeIjRAdVM3QCgCnsrSS2SFpZMsE0/edit?usp=sharing>

Wellness Wednesday:

- Practice relaxing in the present moment
- Mindfulness is a way of practicing awareness that can reduce your stress. It involves focusing your attention on the present moment and accepting it without judgment. It may also help people manage some mental health symptoms.
- There are lots of online resources about mindfulness, meditation, breathing exercises and more. Some organizations, including yoga studios, offer free classes online as well. Grounding exercises can help you notice the sights, sounds, smells and sensations around you rather than being absorbed in your thoughts.

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

Food Friday

Oatmeal Power Bowl – See the post on Friday for the full recipe.

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

Any questions or concerns please contact Kolby Castillo, casti151@crk.umn.edu, 218-281-8802 or Veronica Lundquist, lundq151@crk.umn.edu.

Events

UROP - Additional Opportunity to Apply for Fall...

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Recurring event - click to view more dates.

Application Deadline: Monday, July 6, 2020 To be eligible for undergraduate research project funding, UMN Crookston students apply through the UROP...

[I'm Interested](#)

All Events

