

[View this email in your browser](#)



## POINT OF PRIDE

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



### From the Chancellor

Thank you for your dedication, flexibility. For those of you whose families have already been affected by health issues caused by the 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/student-counseling-services>

**Please** review this 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 resources available.



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

Tra

- 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
- 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!

#### **Watch for an email with all the details about S/N grading**

We still have a few details to work on the S/N grading, so watch for the details in an email. No worries, you will be able to use S/N there just might be a few tweaks and deadline changes.

#### **Your Leadership is Needed Today or at least by Friday!**

The Crookston Student Association (CSA) serves as the voice of the student body as UMN Crookston's student government and is currently seeking applicants to fill all Executive

skill development, and increased involvement on campus. If you are interested in learning more about Crookston Student Association, please contact President Gregory Johnson ([joh12525@crk.umn.edu](mailto:joh12525@crk.umn.edu)) or Staff Advisor Lisa Samuelson ([samue026@crk.umn.edu](mailto:samue026@crk.umn.edu)). Applications are available on the UMC Today Page <https://www.crk.umn.edu/today> or <https://forms.gle/omTMHRg9AypE8yor9> and are available through Friday, April 3.

### **System wide Strategic Planning**

Please join us for a System wide Strategic Planning Town Hall, Friday April 3, 1-2pm Use the Zoom webinar registration and link for that day [here](#) and use the [Survey link](#) for you to 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 . 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 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, friend or family member to stick their head into your backdrop and not be seen. Although many of us on the Zoom calls enjoy seeing your daily life.

Hang in there. Study hard. Be well.

Sincerely

Chancellor Holz-Clause



**Last week's Tuesday  
Trivia Question:** In 2018,  
what was the most

popular Netflix show in Minnesota?

Tra



**Answer:** Making a Murderer

**Winner:** Seth Walls

---

## CAMPUS UPDATES

### From Crookston Student Association

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

---

### From Student Activities

Each year Student Affairs presents several community service awards. Both on campus and online students are eligible. To be considered for any of these awards, please [submit your hours online](#) no later than **Wednesday, April 1, 2020**

#### [President's Volunteer Service Awards](#)

As a way to recognize our UMC students for their volunteerism, the Community Engagement office presents the President's Volunteer Service Awards (PVSA) (formerly President's Student Service Award). Started in 1998 by President Clinton, PSSA is

a way to recognize students across America who have devoted their time to volunteering. All full-time, domestic students who contribute at least 100 hours of service to the community

Tra

within any 12-month period (April 1, 2019 - March 31, 2020) are eligible.

### [International Student Volunteer Service Awards](#)

As a way to recognize our international students for their volunteerism, the Community Engagement office presents the International Student Volunteer Service Award. All full-time international students who contribute at least 100 hours of service to the community within any 12-month period are eligible.

---

### **From Golden Eagle Entertainment**

Golden Eagle Entertainment is starting to make plans for what events to bring to campus next year. We want to make sure we are providing entertainment to students that they're interested in! So please fill out the following survey to give us your input on what YOU want to see on campus. Finish the survey for your chance to win a \$50 gift card! Follow this link to complete the survey --> <https://forms.gle/JjY5mU7gn1kP5WcW9>

---

### **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.

#### **Tutoring**

For those already receiving tutoring, your tutor will be reaching out to you soon to discuss online tutoring going forward. If you have not been meeting with a tutor, but would like to start meeting with a tutor, visit the [SSC Tutoring page](#) to learn more and request a tutor. It may take a few days to find a tutor for you, but 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](mailto:umctutor@crk.umn.edu).

#### **Study Groups**

This year, the SSC began offering evening study sessions for College Algebra, Calculus, Introductory Chemistry, and Intro to Animal Science. While participants in math classes will

Tra

be moved to individual tutors, student study group leaders are planning to still offer study sessions for Introductory Chemistry and Intro to Animal Science. Participation in the group study sessions is voluntary. If you would like to participate, please email [umctutor@crk.umn.edu](mailto:umctutor@crk.umn.edu) and you will be added to the group study Google Calendar event. The SSC will be providing a link to the video conference room within the Google Calendar event.

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

### Coaching

Some students may be looking for help around basic study skill improvement in areas such as how to read more efficiently, study better for tests, or manage time more effectively. Students who just want to meet once or twice to get information about topics such as these can [use this form](#) to request an Academic Coaching appointment with a staff member from the SSC.

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).

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

#### **Online Classes**

As we are all trying to adjust to an online class format, there are some things that we can do as students to make sure that we stay on track and finish out the semester strong. Being at home with friends and/or family is great for us; we also have to keep in mind that we still have classes to complete. As we navigate the rest of the semester it is important to remember the following things:

- You should find a quiet place to listen to lectures and do assignments
- Be patient with fellow students and instructors as we are all dealing with a lot right now
- Make sure to communicate regularly with your instructors and ask any questions that you may have

Also, as a reminder, registration is coming up. Make sure you reach out to your advisor to schedule a time to talk about your classes for the upcoming Summer and Fall semesters. While you are talking to your advisor, ask them about switching the grading of your classes from an A-F to S/N (satisfactory/not satisfactory). The deadline for this is April 15th. While this switch would not affect your GPA, it can still affect the progress towards your degree. For more information on this click [here](#).



#### **From the Wellness Center**

**Motivation Monday:** *"If you wait for everything to be perfect before taking action on your*

*dreams, you'll never take the first step" – Unknown*

Tra

**Home Workout Tuesday:**

Five Sets of everything with 15 seconds of rest in between

Super Set #1

1a. Ice Skaters 60 seconds

1b. Pushups 40 seconds



Super Set #2

2a. Supine Leg Raise

2b. BW Squat Jump 30 seconds

Super Set #3

3a. Superman's 30 Seconds

3b. Flutter Kicks 45 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:**

USE PRACTICAL WAYS TO COPE AND RELAX

- Relax your body often by doing things that work for you-take deep breaths, stretch, meditate or pray, or engage in activities you enjoy
- Pace yourself between stressful activities, and do something fun after a hard task.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive thinking; consider keeping a journal where you write down things you are grateful for or that are going well.

**Take Over Thursday:**

Head over to our social media pages to see what Josh Heil has been up during these online classes.

---

SEE ALL EVENTS

---

