

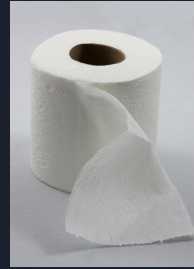
Maintaining Student Success While Social Distancing

OCSS Commuter Rescue April 6th, 2020



Ice Breaker

Toilet Paper Game



- First Round: Hold up a certain number of fingers on one hand or write in the chat a number between 0 and 5.
 - The number you chose is the number of examples you need to give of what you have been doing during quarantine.
- Second Round: Repeat the rule for the first round but use a different number.
 - The number you chose is the number of tips on how stay motivated in online classes you DON'T need to give out of 5 (do the rest).
- Third Round: Repeat the rule one more time and use a number not yet used.
 - If you chose an even number, what is a positive that came from the campus closing? If you chose a odd number, what is a negative?

COVID-19 Updates (How are you all doing?)

- Reason for closure:



- “We have had difficult decisions to make, and we have made them with the understanding that the health and safety of our community must be our top priority”
- Campus President Freeman Hrabowski
- College campus is prime territory for virus spread due to large population and amount of interactions, residents in new dorms who are susceptible to new germs and have modification of immune system, student dedication to get to class, low monitorization of the student body, and unhealthy habits from students

- What the transition means:

- Physical campus is restricted from being accessed, Residential Life is working to provide living options for those who can't return home, all courses have transitioned online, internships have been revised, and faculty, employees, and departments such as wellness services are working remotely through email and Web.ex
- Reimbursement plans to be released near end of April



Online Class (and Post-Spring Break) Impact

- An online educational experience is recognized to lead to better student performance... but it isn't easy
 - In a study at University of the Potomac, students in a traditional education format scored in the 50th percentile on a standardized test while students in an online education format scored in the 59th percentile
 - “Little rigorous evidence exists as to its effect on student learning outcomes”
 - William G. Bowen at Princeton University
 - There is too much diversification of each individual and the courses they are taking to confirm true results
- The performance is based on the preparation and ability of the student
- Post-holiday breaks, students become overwhelmed with the amount of work required and requirements in late half of semester (lack of motivation)
 - At-home setting feeds into lack of motivation





Priorities As A Student During Transition

- Keeping up with academic performance
- Maintaining needed social connection
- Remaining stress-free and clear-minded

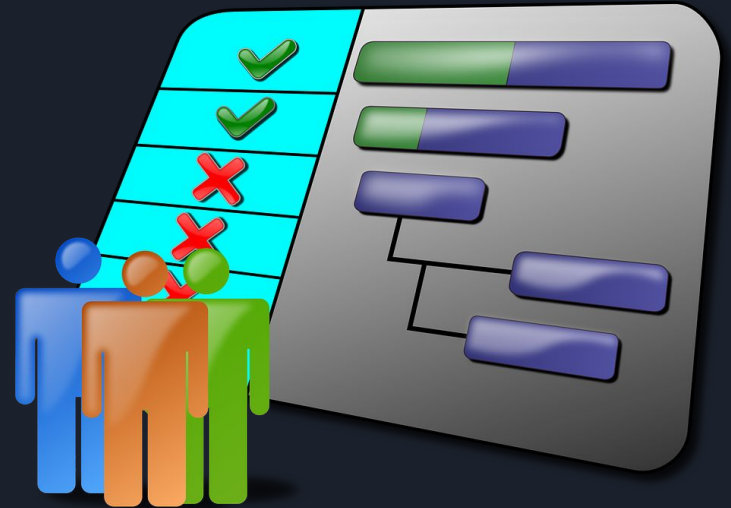
Adjusting Academically Step 1: Organizing

- Write down the formats and direction in which each course is being led online
 - Is class meeting online or not?
 - Have any assignments changed their style? Presentations?
 - When are the dates for all upcoming assignments?
- Contact instructors if there are any questions



Adjusting Academically Step 2: Scheduling

- Create a schedule or planner that summarizes classes
 - Assignment due dates
 - Discussion post deadlines
 - Meeting times for class
 - Time devoted to studying for a test
 - Teacher office hours
- Online or written format



Academically Adjusting Step 3: Working



- Find a location and time in which you will not be distracted
 - Bedroom can be dangerous
 - Find a spot where you are sitting upright
 - Do not have multiple tabs/windows open on computer
 - Quiet location free from distractions (put away phone)
- Be at peace
 - Open a window to let in fresh air
 - Listen to music without lyrics (separate from computer device)
- Create a group chat with other students
 - GroupMe, Email posts, phone group chats
 - Accountability partners & answers for questions



Academically Adjusting Step 4: Planning

- Contact Career Center for education guidance
 - (<https://careers.umbc.edu/> and next slide)
- Modify current academic plan based on crisis
- Utilize Degree Audit to see what remains and what you need to currently accomplish
- Motivate yourself by considering the future



The Career Center is also virtual keeping you connected

Participate in the following Career Center services:

- Career advice and job search counseling via a Virtual Appointment
- Resume writing and cover letter feedback
- Virtual interview preparation- check out Big Interview
- Employer Information Sessions via Webex & Zoom
- Career workshops and panels online- April is Career Month
- On campus recruiting via virtual interview schedules
- UMBCworks- for jobs and internships listings 24/7



<https://careers.umbc.edu/>

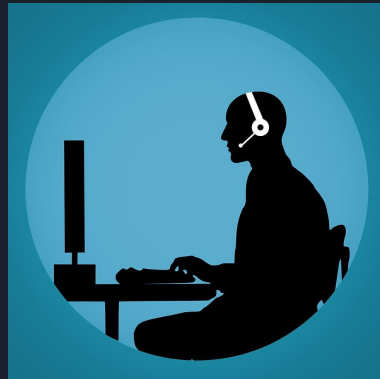
Socially Adjusting Step 1: Preserving

- Keep up communications with friends and peers
 - Text messages, social media, emails
 - Maintaining relationships to remain connected eases transition
- Rejecting introverted tendencies
 - Limit television binging, video game usage, isolated projects
 - Some alone time is good, constant alone time is bad



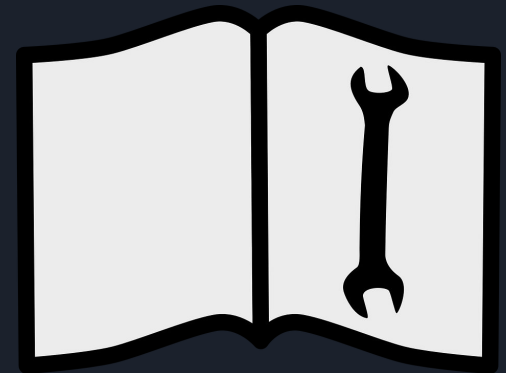
Socially Adjusting Step 2: Joining

- Create group chats, video hangouts, and other group-setting platforms
 - GroupMe, Google Hangouts, Zoom
- Find similar interests between you and your peers
- Plan events and activities once the quarantine is over



Socially Adjusting Step 3: Troubleshooting

- Reach out to Counseling Center through email or Webex sessions
 - Resources are still covered for students and available online
 - Skills 4 Success starting 4/8 <https://counseling.umbc.edu/workshops/>
 - Counseling Center Instagram <https://www.instagram.com/p/B-PvzFciH6f/>
 - Xenophobia resources <https://counseling.umbc.edu/resources/coronavirus-and-xenophobia/>
 - Tele-outreach programming on its way
- Counseling Center offers help services
 - Confidential sessions to express any issues or current turmoil
 - Recommendations to reduce stress and solve personal obstacles
 - Workshops to assist those with anxiety and social connections
 - Extensions to further needed resources
 - Workshop to improve time management skills:
 - <https://counseling.umbc.edu/workshops/?id=82768>



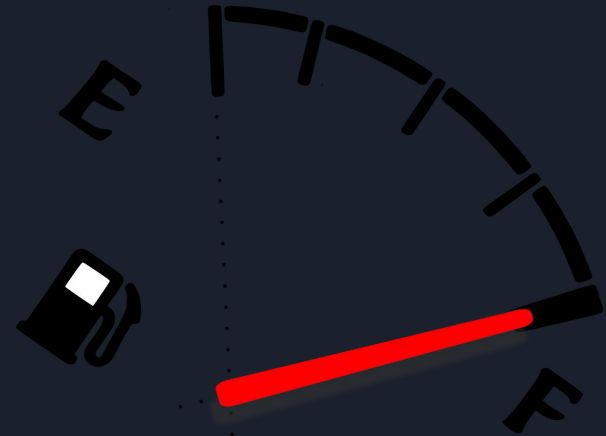
Mentally Adjusting Step 1: Accepting

- Recognize this is the new reality
 - Get into mindset of how education will be led for the semester
- Be aware of what has changed and what hasn't
- Know the good and bad of the transition
 - Keep in mind the negative aspects and focus on them when continuing



Mentally Adjusting Step 2: Motivating

- Biggest step in remaining engaged
- Explore environments that benefit your determination
 - Find locations you can best focus and feel inspired by
 - Connect with people who will encourage you
- Take breaks/Create reward system
 - Take walks outside/get out of the house
 - Allow an activity you enjoy doing to be an incentive
 - Prioritize your objectives
- Recognize goals and achieve them
 - Hold onto goals from before quarantine
 - Develop new goals based on current situation



Mentally Adjusting Step 3: Being Aware

- Familiarize yourself with the resources that are still available
- Contact the University Health Services (non-emergency 410-455-3230)
 - Tips for staying motivated
 - <https://www.herzing.edu/blog/5-tips-staying-motivated-end-semester>
 - Free online fitness classes
 - <https://recreation.umbc.edu/fitness-wellness/class-schedule/>
 - Tips for Being a Successful Online Student
 - <https://www.nhcc.edu/student-resources/online-learning-d2l/tips-for-online-learning-success>
- Keep up to date with information regarding the crisis
 - <https://covid19.umbc.edu/information-for-students/>

