

COVID-19 Mini-Curriculum

Monday, March 16th (text) **Technology**

Hello from College Now! If your classes are now online, do you have the technology you need to be successful? Click here for resources, or reply for help. <https://tinyurl.com/t42jr76>

Thursday, March 19th (text only to students affected by closures) **Campus closure issues**

Team Mentor is checking in. We know your campus is closing or will close soon. Click here for resources, or reply to this message for help. <https://tinyurl.com/sqdapbd>

Thursday, March 19th (Chronus announcement and email) **COVID-19 resources**

Hello students,

We realize the last few weeks have been incredibly challenging, and the next few will prove perhaps more so. As we all face massive upheavals and changes in our daily lives, Team Mentor and College Now wanted to say – you CAN do this! We have worked with you all for a while – in some cases, years – and we are confident that you will not only get through the next few weeks and months, but you will succeed. And we are here to walk this path with you, every step of the way.

To help you navigate this new normal, we've [compiled some resources](#) you may want to check out. These include options for housing, food, health care, and financial considerations. We will continue to update these as we become aware of new resources.

As always, please reach out to us if you need anything, or have any questions. We are here for you, to help you succeed!

Tuesday, March 24th (Chronus announcement and email) **What to expect from online courses?**

Hello students,

Many of you are now starting online courses, due to the COVID-19 outbreak. Online courses require a slightly different emphasis on study skills, time management, and communication than in-person courses, but it's still quite doable.

Regardless of your feelings about taking online courses, it's now a reality, and you can excel! So, what should you expect?

- **You'll need to be self-directed to stay on pace.**
 - Take all assignments – including class meetings – very seriously.
 - Now is a great time to review your syllabi and any new instructions your professors may have given you. Put everything on a master calendar so you can stay organized and don't miss deadlines. Remember, it's not uncommon for class portals to close immediately after the assignment deadline.
 - Flexibility is great; however, if your classes aren't meeting for the same length of time as they were for in-person sessions, make sure you use the time you would otherwise have spent in class to study for the class.
- **You'll have to communicate a little differently.**
 - If you weren't already in the habit, you will need to get used to checking your college email very frequently – at least once a day. You may want to start a special organization system in your email to track communications from your various classes. [Check out this article](#) to get some quick tips on how to best organize your email.
 - Now that everything's online, it's more important than ever to make time and space for personal relationships. This is crucial not only for your own mental health and staying connected to friends, but also for building rapport with your professors and deepening your understanding of the material. Understand that some aspects of online learning can actually be easier than in-person communication, such as having time to read and reread process professors' feedback. [This article](#) points out three ways you can easily make more of a connection with your professors in online settings.
- **You'll need to approach learning differently.**
 - If anything is unclear, or a concept just isn't clicking, be proactive and make sure to reach out to your professor as soon as possible with your question.
 - Know your learning style, and understand where the limits and challenges are for you in online learning. Marian University has a great overview [here](#).
- For some general tips, check out [this 15-minute video](#).

Tuesday, March 31st (Chronus announcement and email) **Time management**

Hello students,

For those of you taking online courses, time management is a crucial component of success.

If you're struggling with how you can more effectively spend your time, start by keeping a time journal. After a few days, you'll have some data on how you actually spend your time. Next, make a list of your "fixed" and "flexible" commitments. Using this list, and your time journal, figure out where you might reapportion time. For these and other tips, check out [this six-minute video](#) from Western Governors University.

If you have specific concerns relating to a course, contact your professor for assistance, or get in touch with your academic advisor for more general concerns.

Tuesday, April 7th (Chronus announcement and email) **Accessing resources**

Hello students,

If you are taking courses online, it may seem difficult to envision how your college is there to support you. You log into the courses, but what more is there to count on? Actually quite a bit!

Even though your courses may not have been designed to be online from the beginning, it's likely that your college is able to deliver online services in advising, financial aid, library and academic services, career services, and other areas. Depending on where you attend school, you may even be able to "see" a counselor electronically.

To find out how to access some of these services – which you are already paying for! – try reaching out to your academic advisor for advice specific to your college. If you know of any virtual mentoring or peer-mentoring programs, those can also be a good source for information.

Tuesday, April 14th (text) **Mid-semester check-in**

Congratulations! You have just a few weeks left in your semester! If you have any questions or concerns, please reach out to Team Mentor by replying to this text.

Tuesday, April 21st (Chronus announcement and email) **Staying connected and combating isolation**

Hello students,

For those of you who are taking online classes, especially when this was not in your original plan, it can seem like a major social component of your life is missing. Combined with the social distancing we're encouraged to practice right now, it can be easy to feel isolated. [Here are a few tips](#) to combating that feeling of isolation while taking online classes. For example, in addition to seeking out friends in each class, share what you are learning in your online classes with others in your life.

If you are feeling overwhelmed, depressed, or anxious, you are not alone! College is hard enough, without adding all of the stress and uncertainty of the current environment. Please make sure you take care of yourself! In addition to reaching out to your campus, you can find a lot of help in the community as well. If you are in Cuyahoga County, [Care Alliance](#) or [Recovery Resources](#) can be good resources and offer sliding-scale fees. Also, everyone can [check out this resource from the National Alliance for Mental Illness \(NAMI\)](#) on COVID-19 related mental health concerns.

Tuesday, April 28th (Chronus announcement and email) **Finishing strong**

Hello students,

You are nearly there! With just a few weeks left in the semester, the finish line is in sight. What are some ways to stay motivated and finish strong? Consider creating a daily schedule with all your commitments – and don't forget to factor in some time for self-care! [For more such tips, Georgia State University has a great post.](#)

If you are taking online classes, these last few weeks are especially crucial. Take ten minutes to review this [video from Mount Saint Mary College](#) on strategies for online test taking, or review this article with [ten tips for online test-taking success.](#)