



CHANGE IS INEVITABLE; GROWTH IS OPTIONAL

The SdRC Clarion Virtual Class Tips Edition

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*“The secret of change is to
focus all your energy, not
fighting the old, but on
building the new.”*

~ Socrates ~

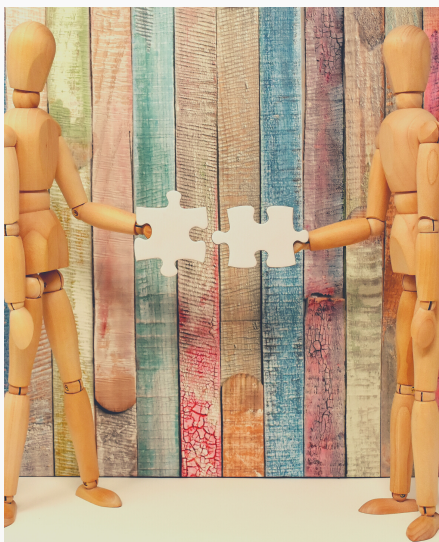
SELF CARE: BODY AND MIND HEALTH

Feeling overwhelmed, stressed, anxious? This is a strange and stressful time for everyone. Below you'll find resources to help you through these stressful times.

- **Take Breaks.** 5-15 minute breaks every 60-90 minutes will increase your; focus, memory, productivity, creativity and decision making.
- **Limit Social Media.** Sure, watching the latest trending Tik Tok dance video is fun but it can be detrimental to getting your work and studying done. Don't fall in the social media rabbit hole, avoid it by turning off notifications while studying.
- **Meditation, Yoga and Exercise.** All have shown to effectively reduce stress and anxiety. The best part is, they can all be done from the comfort of home. These aren't your thing? Find whatever works for you as a stress reliever and incorporate it in to your daily routine.

Here are a few free apps:

- Meditation: Stop, Breathe & Think: Meditation & Mindfulness
 - Yoga: Simply Yoga
 - Exercise: Asana Rebel or 7 Minute Workout
- **Just Breathe!** Breathing techniques have been shown to reduce stress and anxiety. Try the 4-7-8 technique. Inhale through your nose for 4 seconds, hold for 7 seconds, and exhale through your mouth for 8 seconds. Repeat up to 4 times.
 - **Campus Psychological Services.** remain available to you via virtual therapy. They can be reached at: 310-243-3818.



FORGING CONNECTIONS WITH YOUR LEARNING COMMUNITY

Connections are a vital key to success. Whether it's to work, school or relationships; feeling connected to others leads to success and decreases anxiety.

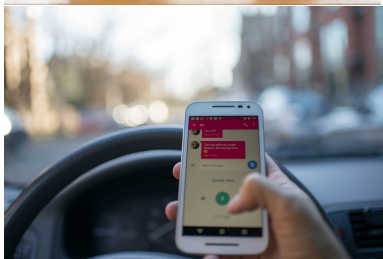
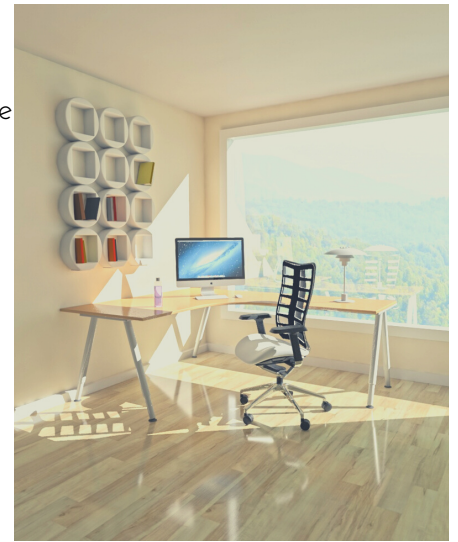
- Get to know your professors by utilizing virtual office hours.
- Connect with classmates through online 'hang outs' and study groups.
- Communicate! Ask questions and be open about your learning needs.
- Be clear about expectations regarding participation and communication.
- Communicate respectfully with others and provide constructive feedback

"Just Do It" ~ Nike ~

LOGISTICS

As the saying goes, building a strong foundation is the key to success. This can't be more true for online courses! The building blocks below will help you create your strong foundation!

- Request your accommodations!
- Create a functional work space: Choose a space with minimal distractions, natural lighting and plug outlet access; avoid your bed, couch or other place you use to relax or rest if you can!
- Be mindful of whether your camera is turned on or off. Stay aware of what is happening behind you. Don't let this be you! Wardrobe Fail
- Mute yourself when you are not speaking to avoid background noise.
- Always save your work! Use a word processing system (Word, Pages, etc) to write drafts, then copy and paste into Blackboard or other online tools.
- Familiarize yourself with the learning platforms:
 - Blackboard Resources
 - [Blackboard.com](https://www.blackboard.com)
 - [CSUDH Blackboard resources](#)
 - Zoom Resources
 - [Zoom.com](https://zoom.us)
 - [CSUDH Zoom Resources](#)



ORGANIZATION:

TIME AND DISTRACTION MANAGEMENT

Being organized is a key building block to success. It increases your productivity by saving you time, increasing creativity, lowering stress, and meeting deadlines.

- Develop a schedule: developing a schedule will help you stay on task. (Free Apps: My study life, school planner, student calendar)
- Stay organized: this may seem small but will help to create a less stressful transition.
- My study life is a free app that will help you create daily to do list.
- Eliminate/minimize distractions as much as possible (example: limit the time spent on social media).
- Treat studying like a job. Get ready for your day like you normally do. Yes, get cleaned up and out of your PJs. Consciously choose to show up, absorb content available to you, schedule in assignments, lectures, tasks, and really set and keep those boundaries.

"With the new day comes new strength and new thoughts."

~ Eleanor Roosevelt ~

RESOURCES

- Utilize campus resources. Most campus resources continue to provide services virtually. For more information please visit their websites.
- Open and read all emails campus emails. It may seem overwhelming but some of them are filled with resources available to you.
- Keep lines of communication open, if you need something reach out.
- [University COVID-19 Updates](#)
- [Emergency Grant Scholarship for Basic Needs](#)
- California Social Services. - Access to general relief/unemployment benefits: please click the links corresponding to your county to apply for general relief, CalWORKs, Medi-Cal, and/or CalFresh.
 - [Los Angeles County](#).
 - [Orange County](#).
 - [Riverside County](#).
- [CSUDH Basic Needs](#). CSUDH Basic Needs Program connects students with food, housing, financial resources and services.
- [Online Resilience Course](#). Penn and Coursera have arranged to release Dr. Karen Reivich's online resilience course at no charge for a limited time, to help people during this challenging time.
- [COVID-19 Mental Health Resources](#). The Los Angeles County Department of Mental Health (LACDMH) put together a list of resources to provide support and well-being services.
- [California Employment Development Department - Unemployment or Disability Benefits](#). Provides general guidance as to what programs are available and what situations may be applicable to your circumstances.
- [Food & grocery programs](#) (LA County). Provides a list of organizations that providing food or groceries to individuals.



"We Can Do It!" ~ Rosie the Riveter Campaign ~