

The Outhouse

News you can use
When you gotta go...

Issue 4 - September 7, 2020
Shannan Breault, Editor

Quarantine To-Go Bag

In these uncertain times, the possibility exists that you may find yourself on the way to quarantine. You may have to leave your room in a hurry, so it's a good idea to prepare a quarantine bag ahead of time. It is so much easier to grab your pre-packed "To-Go Bag" than to try to figure out what you will want or need for two weeks in a rush.

BUILD A GO BAG

NECESSARY ITEMS FOR A POTENTIAL 2 WEEK QUARANTINE



Strategies for Success in a Remote Learning Environment

- 1. Practice with the technology:** Become familiar with the technology platforms your faculty are using for instruction. If you need clarification, ask your professor or the IT HelpDesk for assistance.
- 2. Communicate regularly with your faculty:** Be sure to ask questions and take advantage of opportunities to connect with your faculty through email, office hours, and class.
- 3. Engage with your classmates:** Engage in class discussions and seek out opportunities to build relationships with classmates both in and out of the class. This is a great way to form connections with others while still following the distancing expectations.
- 4. Develop a structure for engaging with your classes:** Set aside consistent blocks of time to complete course work and identify a location that will be most conducive for working effectively.
- 5. Find time for a digital break:** Most of us will be spending more time online than ever before. Try to avoid digital overload and spend some time doing something non-computer related. Spend time outside, go fishing, do some cooking, or reading, or something else to give yourself a break from the digital world.

360° OF WELLNESS
WELLNESS CENTER SERVICES



The Wellness Center

Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Director Lynn Ontl at 518-255-5225

