

Peay Professor Resource: “I Care” Messaging

September 2020

Hello Faculty,

COVID-19 has created challenges for all of us. One of the biggest is staying connected with students while face-to-face formats are limited at best. “I Care” Messages provide a quick and easy way to encourage, empathize with, and be a trusted resource for students. It’s as easy as 1-2-3...

1. Select any “I Care” Message below
2. Copy & Paste to your D2L Course Shell Announcements (title & content are provided, but feel free to tailor or create your own “I Care” post)
3. Make it a goal to post 1 “I Care” message each week separate from any course content to remind students that we’re all in these uncharted waters together.

You will receive a new set of messages to choose from each month.

This is another opportunity to come together during tough times and exemplify what it means to be a part of the APSU family.

“I Care” Messages

Don’t forget to stay involved & connected

I wanted to quickly remind you that even though we are currently practicing social distancing, Student Affairs and departments across campus are still offering engaging programming both on-campus and virtually. Use these resources to stay involved with campus activities and events. Maybe invite a friend to join as well! Information on campus programming can be found on the Peay Mobile App or Peaylink: <https://apsu.campuslabs.com/engage>

Take a Breath

I just wanted to check in and remind you that if you’re feeling overwhelmed, stressed or anxious, you are definitely not alone. There are resources available to help whether you are on-campus or distance learning. The APSU Student Counseling Center is offering free Virtual Drop-in Counseling, called Let’s Talk!

This is a great way to have an informal conversation with an APSU counselor to help with any situation you may be experiencing. Check out this link for more information:

https://www.apsu.edu/health-and-counseling/counseling/lets_talk.php



Take a break & find some FUNNY

Have you been spending a lot of time thinking about all that is going on in the world and our community? I know I have. Our serious thoughts and discussions are so important, but it's also important for our health and well-being to spend a little time on more lighthearted thoughts. Here is a quick tip to help...

At least once this week, take 10 minutes to think about the three funniest things you heard, saw, did or experienced. Then spend some time writing down why these events were funny. Writing them down helps us create a record of our memories.

Humor is a powerful coping mechanism that will not only boost our happiness and well-being, but it can also help us learn in the classroom. https://ggia.berkeley.edu/practice/three_funny_things

Silver Linings & The Bright Side

Assignments, responsibilities and worries are piling up!! Take a few moments to acknowledge that, then look on the bright side. Looking on the bright side is easier said than done, but it's a key component of optimism and it's especially important today. Looking on the bright side can increase our happiness, help us enjoy life, and give us the motivation to reach our goals! The best part is that looking on the bright side can be fostered in just five minutes a day with this activity:

- To start, list five things that make you feel like your life is enjoyable, enriching, or worthwhile at this moment. These things can be as general as "being in good health" or as specific as "drinking a delicious cup of coffee this morning." The purpose of this first step is to help you shift into a positive state of mind about your life in general.
- Next, think about the most recent time when something didn't go your way, or when you felt frustrated, irritated, or upset.
- In a few sentences, briefly describe the situation in writing.
- Then, list three things that can help you see the bright side of this situation. For example, perhaps you missed your bus this morning. Three ways to look on the bright side of this situation might be:
 1. Even though you missed the bus, you got some good exercise when you were running to catch it.
 2. You're fortunate to live in a city where there was another bus just 10 minutes later, or where buses run reliably at all.
 3. Ten years from now, you likely won't remember what happened this morning.

The more we practice, the easier it will be!

Tips for Learning Online

1. Read your syllabus, print it & note important dates.
2. Check in with your courses on D2L often & check your APSU email.
3. Get to know your professor.



4. Ask for help as soon as you need it, DO NOT WAIT! Check into [university support offices](#).
5. Get familiar with the [academic calendar](#), [bulletins](#) and [student handbook](#).
6. Use caution when accessing public WiFi hotspots, as they are often insecure. When accessing sensitive information, such as classes and personal business, it is best to use a private or home connection.
7. Many of D2L's software components require your computer to be up-to-date. Make sure to update your operating system, browser, Java, and Flash as needed.

Are you concerned about mental health, but don't know where to start?

Many college students struggle with mental health. Major life changes and stressors can be instigators. APSU Counseling Services has some great resources and counselors, but if you're not sure where to begin, take an online mental health screening: <https://screener.ulifeline.org/>

#GovsWearMasks

Whether you are taking classes on campus or from a distance, know that APSU is taking precautions to ensure your health and well-being. I ask that you continue to be flexible as we navigate learning in the middle of a public health pandemic, and know I am here as a resource if you have any questions or need anything throughout the semester.

As a reminder, face masks are required on campus. If you are currently experiencing any COVID-19 related symptoms or believe you have been exposed to someone who has tested positive, please complete the [APSU COVID-19 Reporting Form](#) and follow [guidelines](#) for quarantining and returning to class.

"I Care" Messaging is an initiative of the Health Promotion Standing Committee.
September authors:

Kadi Bliss, Ph.D., MCHES®
Associate Professor, Health and
Human Performance
Chair, Health Promotion Cmt.
blissk@apsu.edu

Shannon Haselhuhn, M.S., CHES®
Instructor, Health and Human
Performance
haseluhns@apsu.edu

Isaiah Hurtado, M.S., CHES®
Coordinator, Student Wellness and
Prevention
hurtadoi@apsu.edu

