

stay
POSITIVE

April 7 Weekly Updates

Events

- **Exam Care Package** - **Click on the flyer to sign up.** You will be asked to take our **End of Year Survey** then input your mailing address. We will ship the box to where you are living now. The survey will take less than five (5) minutes.
- **Final Online Exam Study Prep workshop** - Tuesday, April 7 at 3pm. **Click on the flyer to sign up.**
- **Virtual Finals Break Room** - Join us April 13th - 15th for Power Hour Study sessions. Times are listed on the flyer below. Come study, talk to peers, meet with your advisor, have a little fun.
- **Not too Late - Stress Management, Career Assessment or Online Learning Virtual Workshops.** Send Linda an email at rettiglj@gvsu.edu to take part in any of these workshops.

See flyers for each of these below. You can also click on the flyer to reserve your spot.

Resources for You (see below)

- Stress Management Techniques
- PreProfessional Team CLAS April News Highlights
- Service Learning At Home

Important Links

- Registration Help
 - Searching for Classes: <https://youtu.be/eL2RymyKdVE>
 - Using Advanced Search: <https://youtu.be/ygUqzielwv>
 - Making a Plan (pretty similar to registration process): <https://youtu.be/CrluoncaOs>
 - Registering for lab classes: <https://youtu.be/aJO0H8jzcP0>
- [On-line Learning Tips](#)
- [Delete Distractions](#)
- [Idea Generator](#) for Something Fun To Do
- Fitness Ideas - [Laker Strong Anywhere](#)
- Mental Health Check Ins - [University Counseling Center's Instagram](#)

Stress Reduction Techniques That Actually Work

I know that we are all stressed right now. There are too many reasons out of our control at this moment and that alone is a major stressor. Still, stress has two faces: good and bad. Identifying which one you're facing is the first part of managing good stress and reducing the bad.

Good stress, like competition, building a business, taking on a new project at work, getting married, having children, performing in a show, all have one common theme: excitement. When you are excited about something, you're probably experiencing good stress.

The adverse type is what is known as bad stress. Unwanted pressure, uncertainty about professional and personal relationships, illness, family issues, big change, job loss, lack of resources or security and yes, living in unprecedented times and facing situations that are unsettling and out of your control.

As you look at the stress in your life, first identify what kind of stress it really is. If you see a way to change the bad stress into good stress, endeavor to do so. For example, if you are constantly being challenged by a colleague, communicate your concerns and look for ways you can share your diverse strengths and work better together.

But if you are struggling with negative stress that feels out of your control, here are a few ways to thoughtfully manage it:

1. **Unfollow the Panic.** While it's smart to stay informed, information overload, especially when it's rife with negativity and conspiracies, can create fear and harmful stress. Unsubscribe to social media and news feeds that are fueling your panic. Instead, look for positive resources like Deepak Chopra Global Meditations, CNN's Good Stuff Newsletter, spiritual podcasts, The Good News Network or Too Cute! Pet Network (I'll admit this calms me). Perhaps you have some of your very own. Turn to these when stress strikes.
2. **Listen to Music.** Whether it's your favorite hit tunes, iconic jazz, uplifting songs, classical, pop or calming spa music, we love it for a reason. Music evokes positive memories and pulls us out of a funk. Find the right music for your tastes and keep the "play" button at your fingertips.
3. **Exercise and Stay Active.** Even if you're home bound there are plenty of activities for the entire family to stay fit and healthy. Exercise along with experts on YouTube, roll out your yoga mat, learn how to meditate, run up and down the stairs or play hide and seek with the kids. These are just a few of the non-monetary ways you can invest in your health.
4. **Make It Logical Instead of Fear Based.** When thoughts swirl in your mind like "what if this lasts for months?" or "what if I lose my job?" take a few deep breaths and step back from the "what ifs" to the logical. In other words, if there are concerns that you have, explore a logical approach to getting answers and devising a solutions-based plan. Tap into your resources and ask for help. You'll feel much calmer once you've infused logic into the situation and devised a rational approach to managing your fears.
5. **Take Advantage of This Time.** Each one of us has lamented in the past about not having enough time. We have more now. This is the perfect time to catch up with family, your partner and your children and pets. Look for ways to engage in healthy and heartwarming activities that will provide positive distractions and allow you to reconnect and build your bond. You will probably create some new traditions that you'll carry on in the future.
6. **Remember, You're Not Alone.** Friends, family, neighbors, your community and caregivers are all here to support you. Reach out when you need to speak with someone and specifically let them know how they can help. Everyone (including me) wants to help, but you have to invite us in to do so and share with us how we best can help you in your time of need.

Experiment with each one of these (and your own techniques) and determine what works best for you. Turn to these stress management techniques more often so soon they become a habit, or a go-to balm when the triggers strike.

From

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Pre-Professional Team CLAS April Newsletter Highlights

Get Educated

Online Courses: Ivy League courses from Yale, Harvard, Johns Hopkins, St. George's University, Georgetown, are offering online courses for free that engage with students on topics relating to this public health crisis.

- Class about [pandemics from Harvard](#)
- Class about [community change in public health from Johns Hopkins](#)
- Essentials of [global health from Yale](#)
- Class "[An Examination of coronavirus-COVID-19](#)" from St. George's University
- Georgetown offers free MOOCs including [Bioethics](#), [Biomedical Big Data](#), [Globalization](#), or [Genomic Medicine](#).

Podcasts:

- [Top 10 podcasts for pre-meds from Diverse Medicine](#)
- [All Access: Medical School Admissions](#)
- [Pharmacy Podcast Network](#)
- [Southern College of Optometry Online Information Sessions](#)
- [Vet School Unleashed](#)
- [The Dental Student Podcast](#)

Contact Local Health Professionals: We ask that you be respectful of the stress that many of our healthcare professionals are under during the COVID-19 pandemic. However, when the situation stabilizes it will be important to ask how the outbreak impacted their work. You might also consider seeking out retired physicians who are watching this unfold, or medical students who are currently not allowed on the wards.

Research Professional Schools: Surf through websites for schools in your chosen profession or check out following:

- [Medical School Admission Requirements \(MSAR\)](#), or [Choose DO Explorer](#)
- [Dental School Explorer](#)
- [PharmCAS School Directory](#)
- For other professions, check out: [NAAHP Links of Interest](#).

Attend Virtual Seminars, Fairs, and Info Sessions:

The [website of the National Association of Advisors for the Health Professions](#) has the most comprehensive list of pre-health events around the country.

- April 7: [PAEA Physician Assistant Virtual Fair](#)
- April 21: [Navigating the 2021 AMCAS Application Cycle for Upcoming Applicants](#)
- April 23: [AACOM Exploring Osteopathic Medicine for Pre-Meds](#)
- May 19: [2020 ADEA Go Dental Virtual Fair](#)

Service Learning at Home

Here are [10 Simple Ways for Students to Connect Support and Volunteer](#)

Use Volunteer Websites

- Check out use [idealist.org](#) or [volunteermatch.org](#) to seek other local options
- Look into the volunteer [National Medical Reserves Corps](#) branch near you
- [Operation Warm](#) has a list of 25 ways to volunteer virtually
- [Paper-airplanes.org](#) invites volunteers to provide online tutoring to "bridge gaps in language, higher education, and professional skills training for conflict-affected individuals"
- [Dosomething.org's](#) nine places to volunteer online and make a real impact
- If you've received crisis hotline training, check to see if your community's crisis hotline could use additional phone or chat volunteers. (Requires 30 hours of training)

STUDENT ACADEMIC SUCCESS CENTER

KEEP
CALM
AND
STUDY
ON

APRIL 7 | 3 PM
ONLINE

[HTTPS://FORMS.GLE/EHZNUTCAZCJSQTP6](https://forms.gle/EHZNUTCAZCJSQTP6)

Final exams are just around the corner! Are you ready? Attend this workshop to learn effective ways to prepare for your online final exams.

Contact Arianna Fikse at fiksear@gvsu.edu for more information.



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Join us on Zoom for our
Power Hour Study Session
April 13 - 15, 2020

9:00 a.m. - 1:00 p.m.
Noon - 4:00 p.m.
3:00 p.m. - 7:00 p.m.

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Schedule
your
Appointment

Appointments

Active participants are required to meet with their TRIO STEM advisor at least 3 times a semester; first year students are required 4 times. This contact can be in-person, via phone or Skype or at a workshop/seminar hosted by TRIO STEM.

You can call our office at (616)331-5430 or go to www.gvsu.edu/triostem to Schedule Your Appointment.

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