

March 24 Weekly Updates

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Events (More information below)

- **On-line Learning Virtual Workshop** - Thursday, March 26 at 3pm
- **Career Assessment Workshop** - Monday, March 30-Friday, April 3
- **Stress Management Virtual Workshop** - Tuesday, March 31 from 3pm-4pm
- **Physician Assistant Virtual Fair** - Tuesday, April 7 from 9am to 9pm

Keep saving pop tabs. We are still collecting these for the Ronald McDonald House.

From the Director:

Hello my TRIO STEM Family,

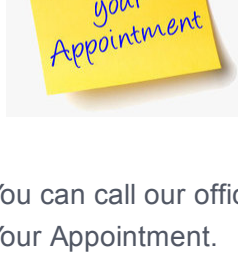
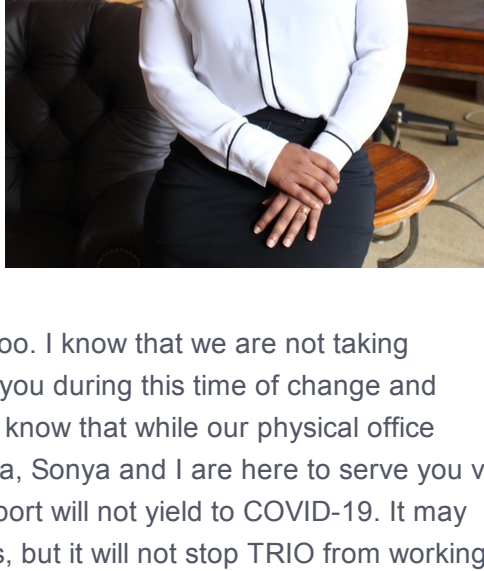
I and the entire TRIO STEM staff are so sorry we couldn't have our standard "see ya later" before our Governor requested that we "Stay Home and Stay Safe". Some of you were required to move off-campus back to your permanent residences, now, some of you may still have belongings here until the executive order is lifted. Others may be with your family, friends, living in off-campus housing or otherwise. I know so much has happened in such a short amount of time. We are feeling some of the very same emotions and feelings, too. I know that we are not taking courses on-line, but we empathize with each of you during this time of change and adjustment. I just ask that you do your best and know that while our physical office space is closed – WE ARE HERE. Linda, Tanisha, Sonya and I are here to serve you via phone, virtually (Zoom), and via email. Our support will not yield to COVID-19. It may have disrupted our "normal" day-to-day routines, but it will not stop TRIO from working. Our program will shift and adjust to connect with each of you, as needed. We are holding our normal business hours. You are welcome to use Appointment Manager to schedule appointments or you can schedule appointments with staff by emailing Sonya Barrett our Office Coordinator at barretso@gvsu.edu. Please know that if you schedule a phone appointment, Linda and I, have acquired new iPhones. If you have a phone appointment or receive a phone call starting with 616.414.XXXX, know us. We are not setting up voicemail or responding to text messages, however, feel free to send us an email message.

Additionally, many of the same resources/offices we collaborate with are still available virtually. Please visit their websites for updates, resources, and new virtual tools. For University updates, please visit www.triostem.com and www.gvsu.edu/coronavirus.

I look forward to seeing each of you in the future. In the meantime, stay connected and be well.

With care,

Dr. G



Appointments - Make yours NOW

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 are currently via phone, virtual video chat (Zoom or Google) or emails.

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

Transitioning On-line: Your Guide to GVSU Resources

<https://www.gvsu.edu/studentlife/weekly/transitioning-online-your-guide-to-gvsu-resources-157.htm>

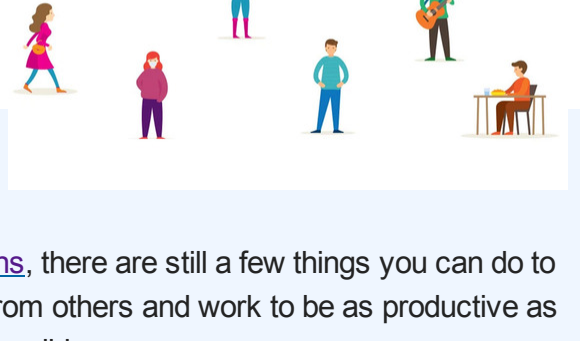
How to Study at Home *(without getting distracted)

Click to access the handout

[8 TIPS FOR STUDYING AT HOME EFFECTIVELY](#)

from the StudentOpportunityCenter.com

Isolation 101: Tips to Manage Social Distancing



With everything going on right now, it's easy to become overwhelmed. While it's absolutely vital to pay close attention to the [CDC recommendations](#), there are still a few things you can do to manage the stress of being isolated from others and work to be as productive as possible.

SET A SCHEDULE

Sitting down and making a set schedule for your days can make you feel a bit more normal. Block out hours in your day for homework, meals, sleep, and activities to help these challenging times feel a little more manageable.

STEP OUTSIDE

With spring right around the corner, the warmer weather is giving us a chance to get outside. Taking a short walk around the block or heading to a local park for some much-needed fresh air.

CHAT WITH FRIENDS AND FAMILY

Technology is a wonderful thing! With video chats from Facetime to Google Hangouts, it's easy to stay in contact with your friends and family. With everything going on, it's important to check in with each other.

MOVIE/GAME NIGHTS

Now's a great time to catch up on the newest seasons of your favorite show or break out those trusty board games. If you're cooped up in your house with your roommates, grab a spot on the couch and a deck of cards. If you're home alone, video chat with a friend to talk, play a game, or even watch a movie together.

PICK UP A NEW HOBBY

Never had a chance before to learn that new recipe or start a new art project? Well, grab your paintbrush or crack open that cookbook. There's plenty of time to start that new hobby you've been dreaming of, and you'll have some fun new skills to show off when social distancing ends.

The best thing to remember is to just keep breathing and take each day as it comes.

Keep checking in with your friends and family and stay strong. Don't forget that GVSU offers plenty of [on-line resources](#) to help you.

<https://www.gvsu.edu/studentlife/weekly/isolation-101-tips-to-manage-social-distancing-156.htm>



On-Line Learning Virtual Workshop



Stressed about on-line learning?

Let us help you as we share on-line learning strategies and techniques that successful on-line learners have used. Get your questions answered. Spend some time with your TRIO STEM friends on-line.

3pm Thursday, March 26

You MUST RSVP to join. Click flyer to RSVP.

You can add questions too.

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Solidify your Career Choice

- * Are you sure of your career choice?
- * Still making career decisions?
- * Looking to add to your resume or interview skills?

1. Take a career assessment:

*** Strengthquest**

*** Focus 2**

2. View your results.

3. Connect with Career Counselor.

Contact Linda Rettig at rettigli@gvsu.edu

to sign up.

Available Monday, March 30 to Friday, April 3.

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Stressed OUT?

Stress Management On-line Seminar
Tuesday, March 31
3pm-4pm
RSVP here.

Presented by the University Counseling Center

Any questions contact Linda at rettigli@gvsu.edu

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Physician Assistant Virtual Fair

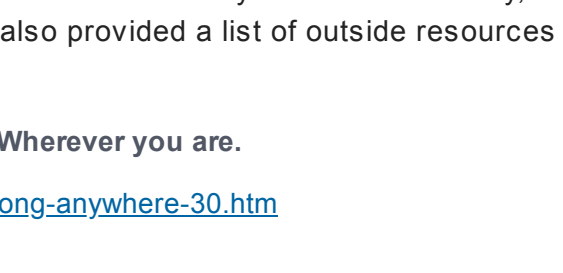
The Physician Assistant Education Association (PAEA) invites you to register for the [Physician Assistant Virtual Fair](#) on **Tuesday, April 7, from 9:00 a.m. – 9:00 p.m. ET.** This is a free event for all students who are interested in exploring a career as a PA. Students will be able to:

- Chat with representatives from more than 50 schools, PAEA, and CASPA
- Attend live presentations and Q&As (or access the recordings on-demand) from current students, practicing PAs, and admissions reps
- Chat with pre-health advisors
- Discover what makes PA one of the top health professions
- And more!

[REGISTER NOW](#)

Laker Strong Anywhere Virtual Exercise Videos and Workout Plans

More than ever it is critical to find ways to keep ourselves moving and engaged in active, healthy daily routines that feed our bodies, and our minds, with positive energy.



RecWell is committed to doing everything we can to help as many members of the campus community as possible to stay active and healthy, regardless of where you are. We are working with our fitness and wellness staff to provide live streaming, and previously recorded workouts that you can do remotely, using little to no equipment. We have also provided a list of outside resources that can assist you in staying active.

Get Involved. Be Active. Live Healthy. Wherever you are.

<https://www.gvsu.edu/rec/fitness/laker-strong-anywhere-30.htm>