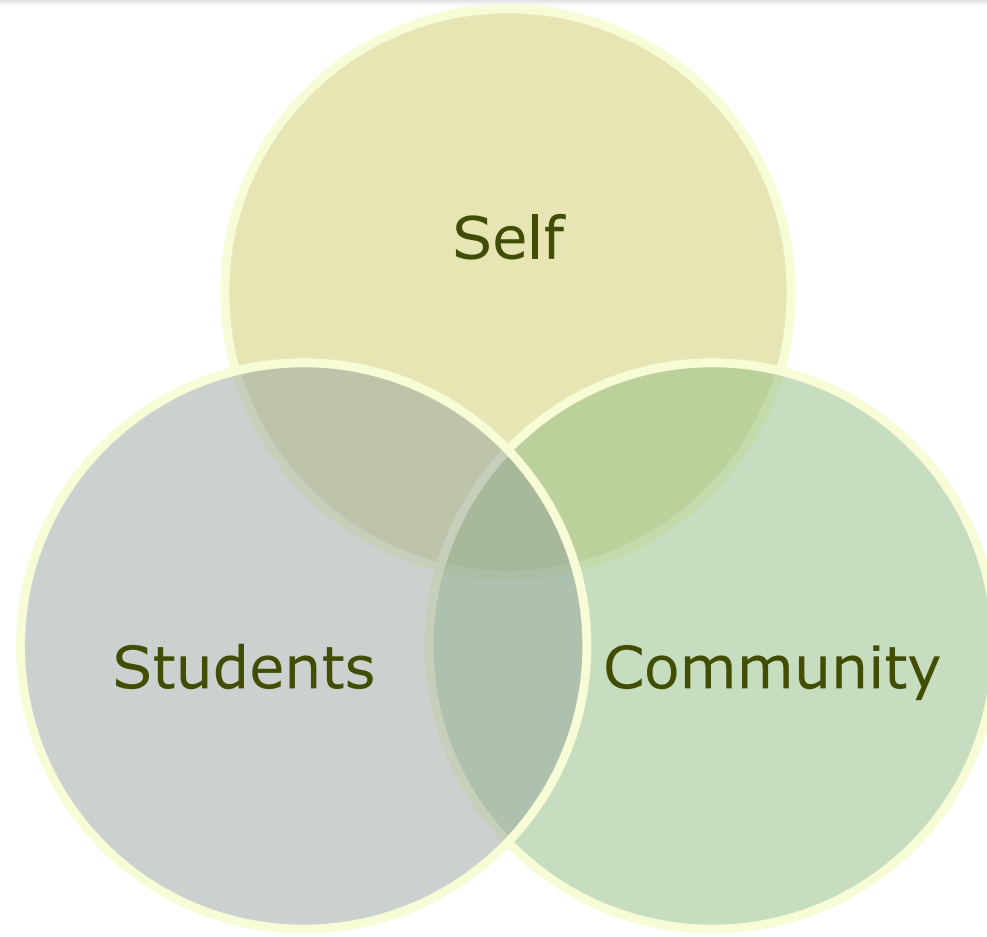

Responding to COVID-19 #3

Taking Care of Our Students and Ourselves

An opportunity to share strategies and updates, ask questions of each other, and process concerns

Agenda



Polling Questions

- Types of organizations
- Where in the world people are located
- How many people are working from home?
- What's one thing that's working well for you right now?
 - More time for myself
 - No commute
 - Connecting virtually with loved ones
 - Togetherness at home
 - Taking time to cook

Panelists

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What do we need at this time?

<https://www.simplypsychology.org/maslow-hierarchy-of-needs-min.jpg>



Taking Care of Self

What are your questions?

What is working for you?

Taking Care of Yourself

Physical Well-being

- Maintain a routine
- Move
- Stretch
- Breathe



Anxiety and Stress

- Limit your exposure to the news
- Refer only to reliable sources
- Share accurate information
- Practice “radical acceptance”
- Make order out of chaos

Radical Acceptance

- Comes from dialectical behavior therapy
- Does not mean that you are fine with what's going on
- Fighting reality only creates suffering

→ simply means that you are *acknowledging* reality which can lead to effective problem solving

Making Order Out of Chaos

Uncertainty, ambiguity, disarray, chaos → Out of Control!

How do I gain control?

- Choose things that you can control...
 - Puzzles: crossword, jigsaw, Sudoku...
 - Household chores: folding laundry, mowing the lawn, organizing the junk drawer...
 - Hobbies: crafts, quilting, scrapbooking...
 - Creating: baking, cooking, painting, writing, composing...

Taking Care of Students

- How are people adjusting their re-entry support for students during this time?
- What online techniques are you using to check up on your students' readjustment and mental health?
- I am looking for guidance and best practices for how to support the mental health of our study abroad students who have prematurely and abruptly returned from their study abroad programs this spring.

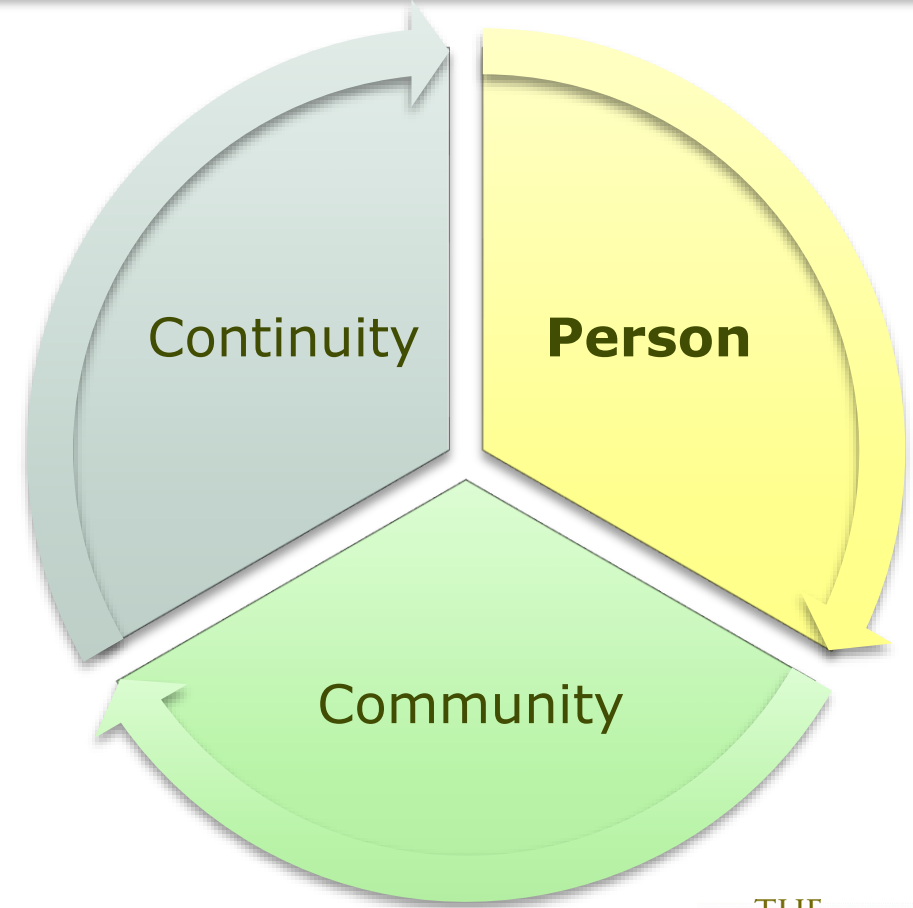
What is working for you?

Taking Care of Students



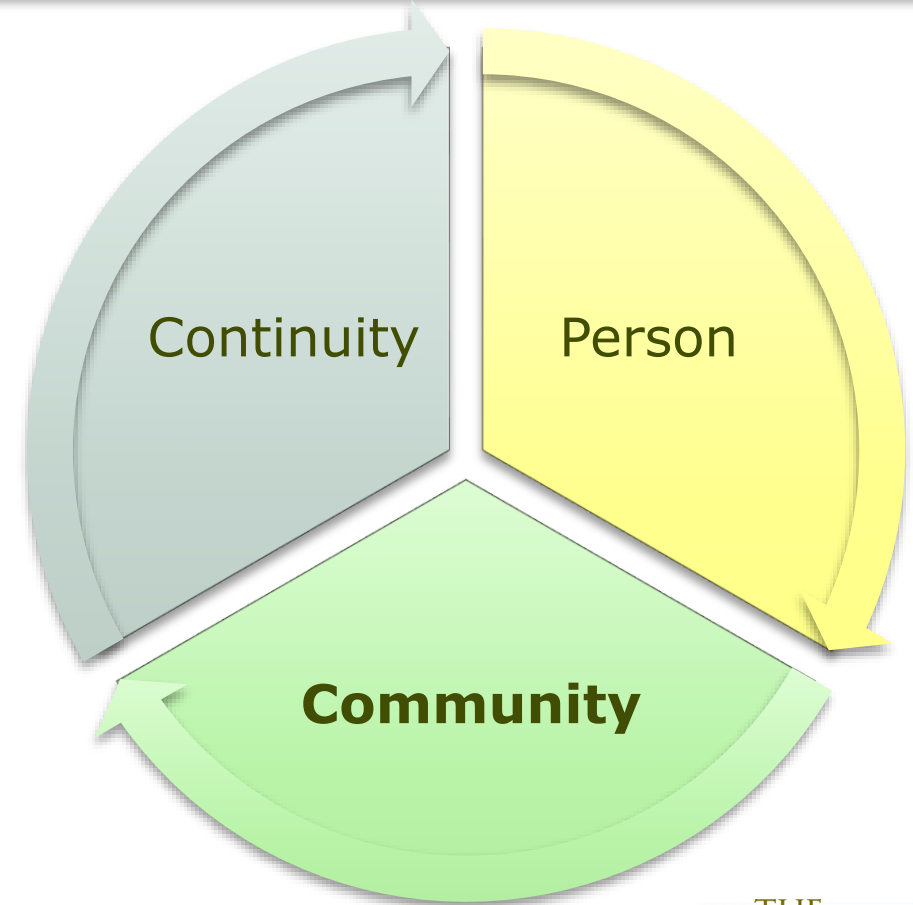
Supporting Students as People

- Support Mental Wellbeing
 - Listen
 - Online (such as WellConnect, SilverCloud)
 - Community Resources
- Check on Basic Needs
- Communicate to Individuals



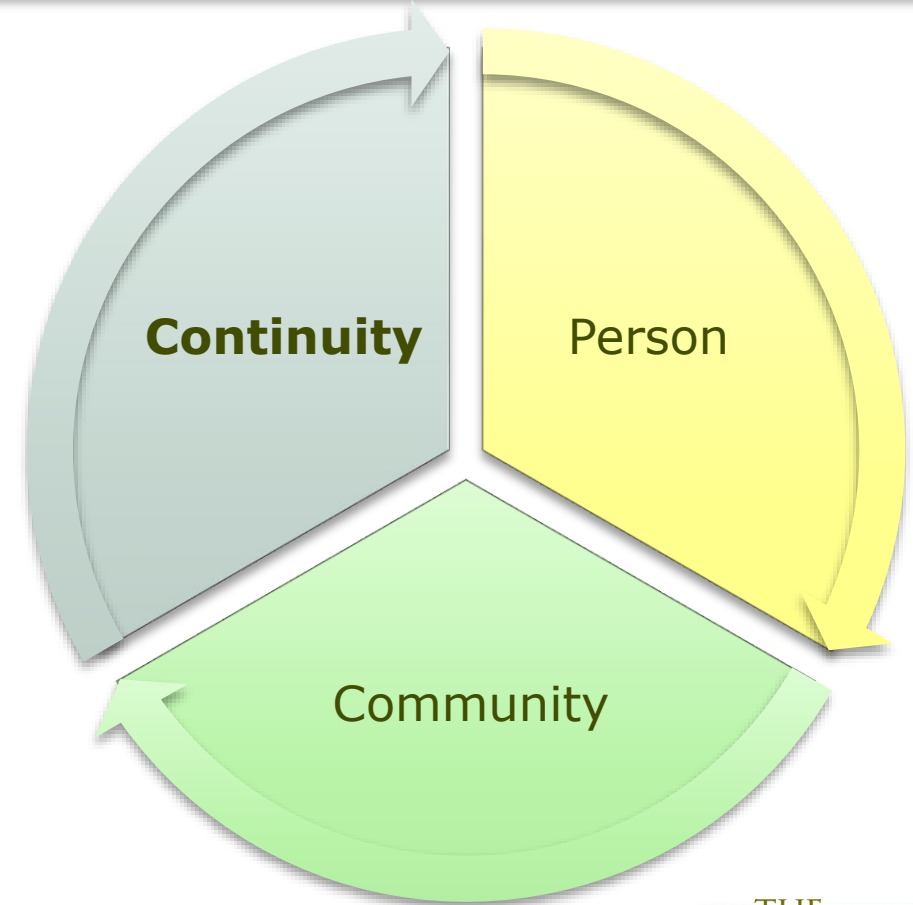
Supporting Students as Communities of Learners

- Offer Formal Connections
 - Group Meetings
 - Online Games
 - Text Group
- Offer Informal Connections
 - Discussion Boards
 - Photo Sharing
 - Story Sharing
 - Buddy Programs



Supporting Student Continuity

- **Academics**
 - Communicate
 - Provide Flexibility
 - Support Faculty-Student Relationships
- **Finances**
 - Listen
 - Advocate
 - Communicate
- **Future**
 - Share Alumni Stories
 - Provide Career Support
 - Guide Thinking on Transferable Skills



Continuing Connections to Culture & Language



VIRTUAL
EXCHANGES



CULTURAL
EVENTS ONLINE



LANGUAGE
LEARNING APPS



INTEREST
COMMUNITIES

Taking Care of Each Other

- What advice would you give for staff members working in cultures abroad where student services are limited and not readily given to students, due to cultural norms and human resource restrictions?
- I am interested in supporting staff and faculty during this time, as well as students and the university.
- Do others have tips for those who might be working remotely and now homeschooling at that same time with the closure of schools?

What is working for you?

Taking Care of Each Other

- Patience, kindness, generosity of spirit
- Communication of: needs, boundaries, and also bandwidth/work-related
- Respecting the boundaries of others

If you supervise others:

- Provide opportunities for connection, but don't micromanage or police WFH routines
- Let your staff who are dealing with additional responsibilities, challenges, distractions know that you are mindful of the situation and that reduced productivity during this time will not impact job security or advancement opportunity

Links for mindfulness

- [Morning MeditOcean](#) – From Monterey Bay Aquarium
- [Coronavirus Sanity Guide](#) from Ten Percent Happier
- [Metropolitan Opera](#) – nightly streaming
- [Philadelphia Philharmonic](#) – listen on demand
- [Metropolitan Museum of Art](#) – virtual tours of various collections
- [Billboard's Guide to Streaming Music](#) – updated regularly

Resources on today's subject

- [You Can Take Care of Yourself in Coronavirus Quarantine, Starting Right Now](#)
- [What it Really Means to Practice Radical Acceptance](#)
- [Managing Stress and Anxiety](#) from the CDC
- [Here's What Parents Dealing With Coronavirus Isolation Want You To Know](#)
- [Coping with Stress during Infectious Disease Outbreaks](#) from SAMSHA
- [How to Help Children Feel Calm During a Global Crisis](#) from *Hey Sigmund*
- [What Happens In Your Brain and Body During Anxiety](#)– A Video For Kids
- [Resources specific to COVID-19](#) from Harvard Graduate School of Education

Resources on COVID-19

- [Federal Student Aid](#)
- [International Transportation Air Association](#)
- [The World Health Organization](#)
- [Overseas Advisory Council \(OSAC\)](#)
 - [Travel Facts – COVID-19](#)
- [WorldAware COVID-19 Hub](#)
- [The European Centre for Disease Prevention and Control](#)
- [U.S. Department of State's COVID-19 Travel Alert](#)
- [British Foreign & Commonwealth Office](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)
- [US State Department Travel Alert](#)

Links Shared by Participants During the Webinar

- Community support in Atlanta: <https://www.themealbridge.com/>
- Community support in Spain and Latin America: <https://frenalacurva.net/>
- IIE Report – U.S. Study Abroad During Health Crises (OpenDoors data)
https://mystudyabroad.pnw.edu/_customtags/ct_FileRetrieve.cfm?File_ID=97501

Thank you!

Upcoming Free Forum Webinar:

- *Responding to COVID-19: Virtual Exchanges and Online Learning*, Thursday, April 2 12:00pm to 1:00pm EDT [Registration available now](#)

Link to previous *Responding to COVID-19* [webinars](#)

16th Annual Forum Conference session:

Open Forum on Developing Risk Mitigation

- There is no agenda for this session. Instead, we invite you to bring the issues that are keeping you awake at night. What are you currently focused on that wasn't planned for – COVID-19, political demonstrations, natural disasters? Come prepared to ask about and share your strategies for risk mitigation in a world of evolving concerns.

Panelists:

- Rochelle Keesler, Lafayette College
- Patrick Morgan, University of Michigan
- Wendy Lou Pedersen, University of Southern California

Wednesday,
April 22, 2020
at 4:15pm CDT