Dear Yellowjacket Students:

Launch time for the new online courses is Monday, March 30. Our UW-Superior instructor community is very excited to engage with you in these new ways.

They have been working hard to transform their face to face courses for you.

All instructors hopefully sent you an update email by yesterday and by now you have seen what the new plans involve to take us through Spring 2020.

Here are some **practical tips and techniques** for you to prepare to be successful during these next few weeks in your new course formats:

- **Email your instructors:** Your instructors are here for you! Email them. Let them know that you are okay and what your concerns and hopes might be. They care about you and your well-being. Share with them, please.

- **YOU are missed:** Your instructors and all of us at UW-Superior miss seeing you in person just like you might miss all of us. *But our technologies like Collaborate Ultra in Canvas, Zoom and Microsoft Teams are remarkable.* They let you see, hear and feel the presence of each other. Please give it a try! It works.

- **Make a schedule and establish a routine:** One of the keys to success now as an online student is to make a schedule for when and where you will be doing your academic work. *And plan to stick to it.* We know you are managing many changes—kiddos at home that are home schooling or online schooling, caring for your loved ones, working many shifts, dealing with life pressures and many other situations. *Your dream of a college education still matters in the midst of all of those realities.* Routine is an important key to success in these COVID-19 times.

- **Note the changed deadlines and due dates in your calendar:** It’s like a re-set—you’ve got to check now the deadlines and due dates in your classes so you can complete your work on time. We know you care about your GPA and your academic goals. *Meet the deadlines. If you for some reason cannot do it in a given week, communicate with your instructor immediately.* We all want you to succeed and step one is note the new deadlines and due dates.
• **Be patient and forgiving:** Guess what? We are ALL going through tremendous disruption in our lives---every single one of us. No one is immune from the effects of COVID-19 right now. We are all going to need to be patient, flexible and forgiving of each other. **Everyone is doing the best they can under these conditions.**

• **Let us know if you have computer or connectivity issues:** we know some of you may be nervous about having regular WiFi access or perhaps you lack a laptop computer right now to use at home. **PLEASE let your instructor know NOW if this is your concern.**

  o **HELP EXISTS:** We have a coordinated approach at UW-Superior to help solve some of these issues, but you have to let us know so we can help you. Send an email to your instructor now and let them know. **WE WILL TRY TO HELP IF YOU REACH OUT TO US.**

  o **BE CREATIVE:** Be creative---if you once did your work in a coffee shop or restaurant or public library, you might consider using your vehicle as your “mobile classroom” and check out whether or not parking lots at your favorite places (even if currently closed for business) might still allow you to connect. We have done this ourselves already and are prepared to do in the future if our other options don’t work. This might be an option in a pinch until other fixes can be found.

  o **MAINTAIN SOCIAL DISTANCING RULES:** Remember to maintain the six-foot physical distancing rule but you could play some tunes while you work sitting in your vehicle. We are all going to have to get creative here!

• **Engage in self-care and centering activity to manage anxiety about the change:** Most folks are experiencing some anxieties about the COVID-19 pandemic and the rapid changes to our routines right now. It is jarring and scary. Many of you may be very nervous about your success in online formats for courses. It’s normal to feel this way. Guess what? We feel this as well! But the bottom line is that we need to do this to help flatten the curve of COVID-19. **Despite all this, your dream of successfully proceeding in college can still proceed.** We recommend learning more about our Pruitt Center for Mindfulness and Well-Being practices on positively dealing with anxiety. Here’s the link: [https://www.uwsuper.edu/ehs/coronavirus/well_being.cfm](https://www.uwsuper.edu/ehs/coronavirus/well_being.cfm). **YOU ARE NOT ALONE!** We are anxious too but together we can do this. We will all learn a ton about ourselves and others. **We will all be able to adapt because humans are resilient, flexible and able to change their ways of being and doing to their environment and situations. Trust yourself and that you can manage this anxiety about it.** Your instructors are committed to your success.

The most important part of this message is **we care about YOU and we are TOGETHER WITH YOU** during this time. We are committed to your academic success. Together we can do anything.

So, Seniors---maintain hope and determination. Graduation is coming and it will be fabulous.

All Yellowjacket students---dreaming during this time of disruption is critical to our future. Keep your dream of college education alive no matter what and moving forward.
The first goal is finishing Spring 2020 successfully. We will help you do it.

If you have any immediate issues, please contact your advisor or your instructors. They are here to help. We are here to help.

We stand TOGETHER WITH YOU.

Take care and we will visit with you soon!

Maria and Nick

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