

From: [CampusLife](#)
To: [CampusLife](#)
Subject: A note of encouragement from Health Services
Date: Sunday, February 21, 2021 10:45:49 AM

Things to Do:

Dear Student,

It's likely this is the last place you'd like to be—in quarantine or isolation. However, we are here to welcome you and support you the best we can during your stay. We work closely with Residential Life staff to try to make your time as comfortable as possible.

It's important to work to stay engaged with your Academic Advisor, professors and your coursework. But here are some low-key things you can do to stay engaged while you're here:

1. Create and share a pandemic playlist (introduce yourself to music from around the world)
2. Create and record a Pandemic Parody
3. Declutter your phone or laptop. Delete bad photos, organize files off your desktop into folders. Clear out your email inbox
4. Take a [Virtual Tour](#) of some of the world's most prestigious cultural institutions
5. Write a letter to your future self about this moment
6. Plan your next vacation
7. Inspire yourself with some [Ted-Talk](#) videos
8. Stay sharp, download a new brain games app
9. Learn a new recipe (or several) with [Same the Cooking Guy](#) on YouTube. He's hilarious!
10. Call, write a handwritten letter, or email to 10 friends or family with whom you haven't recently been in close contact
11. Join the wacky Richard Simmons for some [Exercises that don't require a gym](#)

Hang in there!!! We know this is such a difficult time to be out of your college routine. Find ways to make it move along while taking care of

yourself.

The Health Services Gang: Jeff, Dawn, Bridget and Cindy

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