

WCU PSY

Information And Tips For Virtual Learning In These Strange Times

Quick Tips For Learning Online



Check in Often

The most important thing you can do is check your official WCU email address and D2L regularly. Also read all revised syllabi carefully and note changes and due dates. Highlight them. Reach out to your professors for guidance early and often.



Set a Schedule

Treat an online course like an on-campus course. Create a routine and stick to it. Set aside a regular time to work on assignments online and offline.



Find a Space

Find a space to study that is as free from distractions as possible and is comfortable. A space that helps you be productive will be extremely important.



Patience is Key

This is a new situation for everyone, including your professors. Finding new routines and strategies will take time. Be patient with yourself and those around you. Ask for help or just reach out to discuss difficulties you are having with the course or your life. We are all here to help.



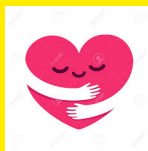
There is Help

If you need help, ask your professors. Also, the LARC, the Writing Center, the Counseling Center, and, well, basically all of WCU is here for you. Just reach out. See pp. 3-4 for a short list of resources.



This is not Permanent

Remember, things will eventually get back to “normal”; until then, the entire faculty, staff, and administration at WCU is working tirelessly to ensure your success. In the meantime, stay well, get some rest, and wash your hands. **#RamsUp!!!**



Self-Care

Now more than ever, it is important to stop and smell the roses (or coffee), FaceTime with friends, take a walk in nature, or just step back and take a deep breath. Eat well, drink lots of water, get rest (even if you can't sleep), unplug, limit news consumption about the virus, let yourself relax, and wash your hands often. It's important for you to take care of yourself and loved ones first and foremost. That will make it easier for you to attend to your classes with your full attention.

A word from the PSY Chair, p. 2

A message from Dr. Vanessa Johnson, Chair of PSY

Free Resources, p. 3-4

Check out this partial list of info sites and resources

WCU PSY

A word from Dr. Vanessa Kahen Johnson, Chair of Psychology



The following message is also available as a video here:

https://wcupa-my.sharepoint.com/:v:/g/personal/kmitchell_wcupa_edu/ERoWRAv5J8IGkqbgzrMsR9IBSk2K019bciA4UJ12HJqI3w

Hello! I am Dr. Vanessa Kahen Johnson chairperson of the Department of Psychology here at West Chester University – and on behalf of the Psychology Department faculty and staff I want to welcome you back to the Spring 2020 semester. I hope you and your family are safe and well and that

you're adjusting to these uncertain times.

I want to take a moment to recognize where we're at and acknowledge that it's not what anyone signed up for. During these last few weeks, I find myself wondering how you are getting through these times. I have been spending my days during the work week in zoom meetings working with our faculty, staff, and administration to help facilitate a hopefully smooth transition to remote learning for you. Despite all our planning, this is new to all of us – and to some extent we are going to learn together as we get through the rest of the semester.

Each of your instructors will provide you with an updated syllabus that will outline the changes made to your courses. The university has a list of responses to frequently asked questions for students that talk about grading options and important dates for the remainder of the semester and I encourage you to look these over.

From you, I ask for your patience, attention and engagement as we navigate through this remote teaching and learning environment. I encourage you to check in often with your instructors and advisor using your WCU email and D2L and to ask for help when you need it.

I want to emphasize that we will all need help at some point in the coming weeks. Asking for help is a way of not only getting the help you may need, but also alerting faculty and staff that some aspect of our learning environment may need additional attention. I also want to emphasize how important it is that you take care of yourself – for me that includes baking, cooking, reading, and watching Netflix. I hope you are also able to find the things that will help you to take care of yourself in this extraordinary time. Most of all, I want to remind you that this is not permanent. It certainly may feel like that at moments, but we will get through this together.

On that note – I wish you all the best as our spring semester resumes. Stay safe and stay in touch.

WCU PSY

A Partial List of Resources

If you are experiencing difficulties in any of your classes, please reach out to the course Prof. All of our faculty are committed to doing all we can to promote student success during this trying time. But, often we need you to step up or reach out and let us know what's going on.

If you need **academic advising**, please reach out to your academic advisor or one of our departmental advising staff:

Mr. Johny Tadros, Dept Program Counselor: <http://meetme.so/JohnyTadros>

Other members of our advising team: <https://go.oncehub.com/PsychAdvisingInterns>

Dr. Karen J. Mitchell, Dept Assistant Chair: kmitchell@wcupa.edu

Dr. Vanessa Kahen Johnson, Dept Chair: <https://go.oncehub.com/VanessaKahenJohnson>

You can also continue to take advantage of all the usual WCU academic helps, as they all have virtual options. See below.

For updates on WCU policies, procedures, and announcements related to COVID, be sure to monitor the **Student FAQs**: <https://www.wcupa.edu/healthNotices/studentFAQs.aspx>

WCU will be offering [tutoring](#), [writing center services](#), and general [success coaching](#) via Zoom.

If you have a **disability** and have questions about the accessibility of your classes, please send an email to ossd@wcupa.edu for assistance.

Supplemental instruction will continue. Communication will go out to professors to include the tutors in their alternative instruction plans, so tutors can stay up-to-date on class material. Your tutor will meet with you at your regular scheduled time via Zoom starting March 30th by sending out an invite prior to the tutoring session.

Some simple instructions for accessing **Zoom** meetings and using Zoom

RECOMMENDED: For typical web based access: <http://web5.lib.pacificu.edu/zoom/students/>

For phone only access <https://blink.ucsd.edu/technology/file-sharing/zoom/guide/join-phone.html#Option-2:-Join-by-telephone-onl>

WCU PSY

A Partial List of Resources

The [Student Helpdesk \(ResNet\)](#) is the first point of contact for troubleshooting and assistance with using digital tools. Submit a ticket to ServiceNow, and you will be connected with relevant support.

Students new to online learning or to using D2L, can complete short tutorials on learning technologies and digital skills provided through the D2L site called [Navigating Digital Learning](#). The site is available to all active students who have their university issued email. After logging into D2L, the Navigating Digital Learning site can be located in the Orientation semester.

The **Counseling Center** is working remotely and will be working with students deemed appropriate via telehealth or providing referrals to community providers who can perform in person mental health care. If you have immediate concerns, please contact your local crisis resources or the crisis hotline or text line. Visit the [Counseling Center website](#) for information. If you are a current client of the Counseling Center and have questions, please feel free to reach out to your counselor in the Counseling Center. If you are not a current client and have questions, please leave a voice message or contact the director of the Counseling Center (Dr. Rachel Daltry - rdaltry@wcupa.edu).

Food Pantry: If you have specific needs, questions or concerns, please email Pam Frontino at pantry@wcupa.edu. You can also visit [Resource Pantry](#) website and [Service-Learning & Volunteer Programs](#) website for regular updates.

APA electronic resources available for distance learning
<https://www.apa.org/education/distance-learning> Free access to a variety of books and other academic materials offered during shut-down period.

APA offers free access to APA Publication Manual and other resources through May 25
<https://apastyle.apa.org/blog/coronavirus-response>