Bakersfield College COVID-19 All-Campus Virtual Seminar #12: Health and Wellness | March 24, 2020 | FAQ Sheet

FAQ Sheet

Full Zoom Video Recording
https://cccconfer.zoom.us/rec/share/zvxeD-HP83pLaKfCynzBaqcKTqLiT6a82nQa_fYPnhrHLX-FXPTzP1xuu6nHpKHH?startTime=1585086056000

Q&A Discussion

1. I wonder if a short video can be created that can be sent to all students with encouraging tips on how to manage stress and anxiety. Maybe from Nicky or a campus health expert. I have found that students are looking to us for answers or solutions.
   a. We are sending out emails with resources – some meditation apps are Insight Timer and Headspace. Both are great for de-stressing. We also released a 3-week at home training program called Resilience that you can access here: http://gogades.com/general/2019-20/releases/20200323j6mziq

2. What health resources do we have for staff and students?
   a. The BC Student Health & Wellness Center is available at this time. Please call the Health Center and we can schedule students with a Mental Health Provider 7 days a week.
   b. Next week you will see a series of virtual events happening from Student Life. We have virtual fitness/yoga hour, virtual game competitions, virtual support groups (lead by the SOC Interns), etc. We are working on this week and next week will send out the details.

3. Students who do not have access to a computer can check one out from Taft College for the remainder of the semester. Is this something Bakersfield College can do to support students as well?
   a. Please connect with the Office of Student Life about your options. We will help you work with financial aid or other options. The email address is studentlife@bakersfieldcollege.edu

4. This is a very stressful time for all students. Many of us are having difficult times with work. Can professors please be more flexible with assignments?
   a. Your professors are working hard – stick with them and communicate your needs!

Online/Zoom Recommendations

1. When logging into Zoom, it is best to log on via a computer and then use the “phone call” option to improve audio connection. Joining audio by phone in addition to joining the video by web will give you the clearest audio and ensure poor internet connections do not interrupt the content. You will be given a phone number to call and a meeting ID (see example below).
2. If you are not the host of the meeting, upon entering Zoom, you may be able to “mute” yourself from the group by clicking the “mute” button on the lower left-hand screen (see below).

3. To participate in the chat room, click on the “chat” tab towards the bottom of the screen and a chat box will appear.

4. A sample message for a syllabus from a professor:
   a. Rules for Communicating with CCB:
      • Please refrain from sending texts past 9pm at night or before 5am in the morning.
      • If your text message is longer than 20 characters (or 8 words) please send an email message. If it is urgent, send me a text message asking that I check my email.
      • Please indicate your class time when you text for exam “Mon 11”.
      • During the week (Mon-Thur) all messages received through email or text will be responded to within 24 hours. During the weekend please allow for up to 72 hours for reply.
      • CCB will respond to all email questions regarding assignments until 7pm on the evening before the assignment is due.
      • Assignments submitted by required deadline will be graded within one week of submission.
      • CCB is available for online office hours via Zoom. See announcements in Canvas for weekly scheduled office hours and links.

5. Recommendation about textbooks:
a. Some publishers are allowing free access for students to online content until the end of the semester. Check with your textbook publisher.

6. Recommendation about recording lectures:
   a. Record your live lectures for the benefit of students who are unable to attend the class, or who would like to review content at a later date.