

Office of Academic & Student Affairs

March 18, 2020 – *From the Pulse Newsletter*

HHP is here for you!

In light of the recent developments surrounding the COVID-19 situation, the College would like to take this opportunity to remind you that we are here to support you during this quickly-evolving time.

Below are some tips from UF's Division of Student Affairs to help you be a successful online Gator:

1. **Create a comfortable space to take classes.** Practice social distancing. Find a place that is at least 6 feet from other people. Consider ergonomics. Adjust the height of your chair, keyboard, and screen so that you are comfortable. Set up good lighting.
2. **Eliminate distractions.** Turn off your cell phone or set it to "Do Not Disturb." Let friends and family members know the hours that you will be "at" school. Beware of surfing. If you struggle with this, try a site-blocking software like Cold Turkey or an app that can help you focus like Forest.
3. **Practice time management.** Create a schedule. Set a routine and then stick to it throughout the day. Give yourself 5-15 minute "brain breaks" like stretching or having a healthy snack every hour or so to help you refocus and re-energize.
4. **Be engaged and ask for help.** If you encounter technical difficulties, reach out to the [UF Computing Help Desk](#) right away to troubleshoot. If you realize there is something you don't understand, reach out to your professor or classmates.
5. **Stay mentally and physically healthy.** Take a break. Be sure to be active, get the recommended amount of sleep, and eat foods that nourish your mind and body.

If you are in need of additional accommodations, please contact the Disability Resources Center at (352) 392-8565 or by emailing DRCAccessUF@ufsa.ufl.edu.

For those of you still in Gainesville, know that the Hitchcock Field and Fork Food Pantry is still open. Hours of operation and location can be found at <https://pantry.fieldandfork.ufl.edu/about/contact-us/>.

Last but not least, if you find yourself in need of emergency funding during this time, complete the [Aid-A-Gator application](#). Funds from Aid-a-Gator are intended to be a grant, not a loan, to help students in need to cover costs related to unanticipated travel, additional technology requirements, or other needs related to an emergency situation.