

'21

Back-to-School Issue

# FROM COVID TO CAMPUS

*The Wayne State Student's Guide to Returning to in-Person Learning*

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# WELCOME BACK TO BASICS

By Elena Tsantis



**Warriors, we are back!** After a long and uncertain year of remote learning amidst the COVID-19 pandemic, I am thrilled for our community to experience life on campus. The Fall 2021 semester may look different, however with proper preparation the transition to in-person learning can be a smooth one.

As a Study Skills Coach with the Study Skills Academy and a Research Assistant at Wayne State, some common concerns I hear from students include productivity, active learning strategies, exam preparation, academic stress, and procrastination.

This manual is designed to incorporate evidence-based success strategies to best support fellow students in their transition from COVID to Campus. **Welcome back, Warriors!**

## WHAT WARRIORS OVERCAME

- Quarantine! It has been nearly 600 days since January 21, 2020 when the first confirmed case of COVID-19 was announced in the United States.
- Online learning! Transitioning to online learning was, without a doubt, challenging and stressful for both faculty and students.
- Vaccinations! Around 57% , 189.9 million, US citizens have received at least one dose of their vaccine (CDC). A Wayne State alumni, Dr. Jason McLellan, helped research coronaviruses.



## QUICK TIPS

- Manage stress and wellness by taking advantage of the free fitness classes at the [Recreation and Fitness Center](#)
- Make an effort to introduce yourself to two people sitting near you in lecture. They probably want to meet others, too!
- [Reserve a study room](#) in the UGL to ensure a distraction-free study environment

SEEKING MORE TIPS? VISIT [SUCCESS.WAYNE.EDU/STUDY-SKILLS](https://success.wayne.edu/study-skills)

# STAYING SHARP WITH STUDY SKILLS

*An Interview with Angela Zanardelli*

Angela Zanardelli is the Associate Director of the [Academic Success Center's Study Skills Academy](#), as well as the creator of [FYS 1010-Learning with the Brain in Mind](#). She has observed the pandemic impacting students uniquely, largely based on their individual circumstances. Students may anticipate some challenges when returning to in-person instruction, with one of the challenges being structure. Check out Angela's advice below for a successful return to campus.



## SIMPLIFY FOR SUCCESS

- **Begin practicing your on-campus schedule in advance.** Wake up earlier, calculate commute time, and organize your schedule early.
- **Establish your own personal technology boundaries.** Identify what is causing you to lose focus and decide on a time to dedicate to those devices. It's not about eliminating things you enjoy, but rather compartmentalizing your priorities.
- **Be wary of the illusion of knowledge.** Often times students assume they understand course content because they see it often in lecture notes and textbooks. Don't let the feeling of familiarity trick you into assuming you comprehend it! Test your understanding by translating the information into your own words or teaching the material to someone else.
- The brain cannot consolidate information into the long-term memory without deep, slow-wave sleep. **Set yourself up for sleep success by utilizing the resources found on the Study Skills Academy's [Sleep and Learning webpage](#).**



**WORK WITH ONE OF OUR SPECIALISTS TO DESIGN A  
CUSTOMIZED STUDY PLAN WITH YOUR NEEDS IN MIND**

# PRIORITIZING EMOTIONAL HEALTH

An Interview with Stef Kastely

Stef is both a University Counselor with CAPS and the Suicide Prevention Coordinator. Stef also serves as a supervisor for graduate students and part-time faculty. While Stef misses the in-person experience of providing therapy, telehealth has helped reach students who may not otherwise participate in face-to-face therapy.

"The return to campus is going to be an adjustment", Stef explains, "as our stress and routine will be altered". Self-care is like a pie with different slices. We deliberately invest in self-care to improve our wellness. It is important to remember that self-care is overall wellness, including financial, mental, and physical wellness.



## AVOIDING BURNOUT

- **Organizing your schedule and time:** What is the best structure to keep me focused during the day?
- **Incorporate helpful self-talk** and applaud small victories during the day. Emotional exhaustion can reduce feelings of personal accomplishment.
- **What is in my influence?** Our brains make it feel like we can control more than we actually can. Is it worth my energy to stress about this?
- A bigger picture perspective can **create a sense of purpose**. Congratulate small accomplishments as you are working toward your goal!

A lot of times the focus is on mental health decline. From telehealth, I have learned that even though there has been a lot of mental health struggle, the fact that we are still here and doing what we can to get through classes, teaching, balancing life and telehealth shows *resiliency*! Sometimes we do not give ourselves enough credit. The fact that you are getting up everyday and trying is enough. Do not overthink about what all you must accomplish every day. You are so much more than that.

- Stef Kastely

## STEF'S TIPS

- For Staff, check out [Wellness Warriors](#). Wellness Coaches can meet with you once a month and work with you on your challenges and goals.
- Students and Staff can utilize consultations and [Let's Talk](#). Meet with a counselor for 20-25 minutes for quick, solution focused strategies. Stef is available on Mondays from 3-4pm.
- Free therapy options include [CAPS](#) and the [Mental Health and Wellness Clinic](#).
- Join [Warrior Suicide Prevention!](#)

FOR MORE, CHECK OUT [CAPS.WAYNE.EDU](https://caps.wayne.edu)

# GETTING INVOLVED ON CAMPUS

*You belong at Wayne State*

Located in Midtown, Detroit, Wayne State University has an abundance of opportunities for all. A mere few examples include over 500 recognized [student organizations](#), [Learning Communities](#), and [intramural sports](#). There is truly a spot for everyone on campus.

## WHERE WARRIORS CAN BE FOUND

1. [Festifall](#) is one of Wayne State's most notable annual traditions. This event showcases more than 500 student organizations, campus departments, community organizations, and learning communities to incoming students.
2. CAT Events - The [Campus Activities Team](#) hosts frequent events to engage students. Upcoming events include the CAT Block Party, Outdoor Movie Night, Brightly Twisted Tie Dye, Halloweekends Cedar Point, and many more.
3. Navigate the Dean of Student's [Get Involved webpage](#) to view the endless activities and programming available to our campus community.



FOR MORE, CHECK OUT [GETINVOLVED.WAYNE.EDU](http://GETINVOLVED.WAYNE.EDU)

# WARRIOR SAFE IS WARRIOR STRONG

*Advice from the Campus Health Committee*

Wayne State is eager to welcome Warriors back to campus. With steps such as receiving a COVID-19 vaccination and wearing a face covering, we can all do our part to slow the spread and return to a new normal.

There are many resources available to help ease the transition and lower concerns regarding in-person learning. Be sure to **frequently check the Wayne State [Coronavirus website](#) for the most up-to-date guidelines for the campus community.**

## WARRIORS CARING FOR WARRIORS

*Tips from the Campus Health Committee on Stopping the Spread*

1. Assess your risk based upon vaccination status
2. Watch for symptoms and complete the campus daily screener truthfully
3. Evaluate if close contact with others is safe for you
4. Wear face coverings indoors until further notice
5. Wash hands & cover coughs
6. Clean local spaces if concerned

## NEXT STEPS

- Enroll in the [Stay Warrior Safe](#) course on Canvas for additional resources.
- Be sure to [submit vaccine documentation](#) to the Campus Health Center
- Bookmark the [Daily Campus Screener](#) for quick access to campus.

Stay informed, stay safe: all students must abide by the [student code of conduct](#)



**STAY CURRENT BY VISITING THE [FALL 2021 COVID INFORMATION PAGE](#)**