FINISHING THE SEMESTER IN THE WAKE OF COVID-19

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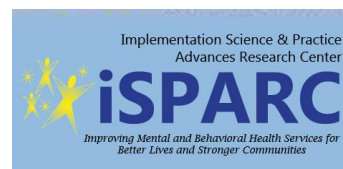*The Transitions to Adulthood Center for Research*

Acknowledgements

The mission of the Transitions to Adulthood Center for Research is to promote the full participation in socially valued roles of transition-age youth and young adults (ages 14-30) with serious mental health conditions. We use the tools of research and knowledge translation in partnership with this at risk population to achieve this mission.

Visit us at: **https://www.umassmed.edu/HYPE**
http://www.umassmed.edu/TransitionsACR

What is the Transitions ACR?

National Center that aims to:

- Improve supports for the successful completion of schooling and movement into rewarding work lives among young people, ages 14-30, with serious mental health conditions (SMHC)
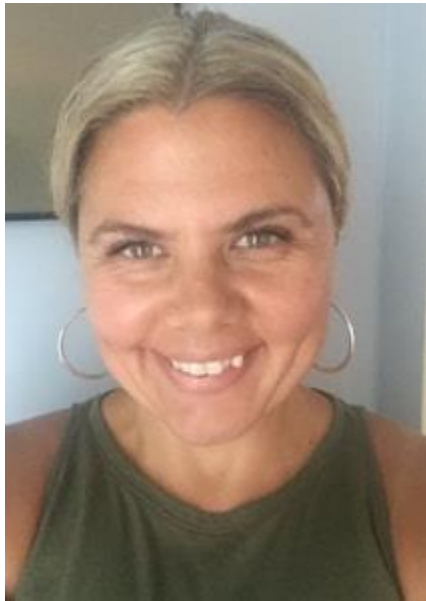
How do we do that?

1. Conduct research that supports the employment and education goals of YA
2. Develop and translate knowledge to the public
3. Infuse Participatory Action Research (PAR) into all ACR activities

Your presenter today:

- **Michelle G. Mullen** is the Developer of the HYPE and a current student trying to manage COVID.
- Michelle has:
  - Focused her career on helping college students with mental health conditions stay in school;
  - Provided direct services to college students
  - Developed programs with organizations, schools, universities, counties and states;
  - Dedicated her professional life to preventing disability for those with mental health conditions.

What is the HYPE MODEL?

H Helping

Y Youth on the

P Path to
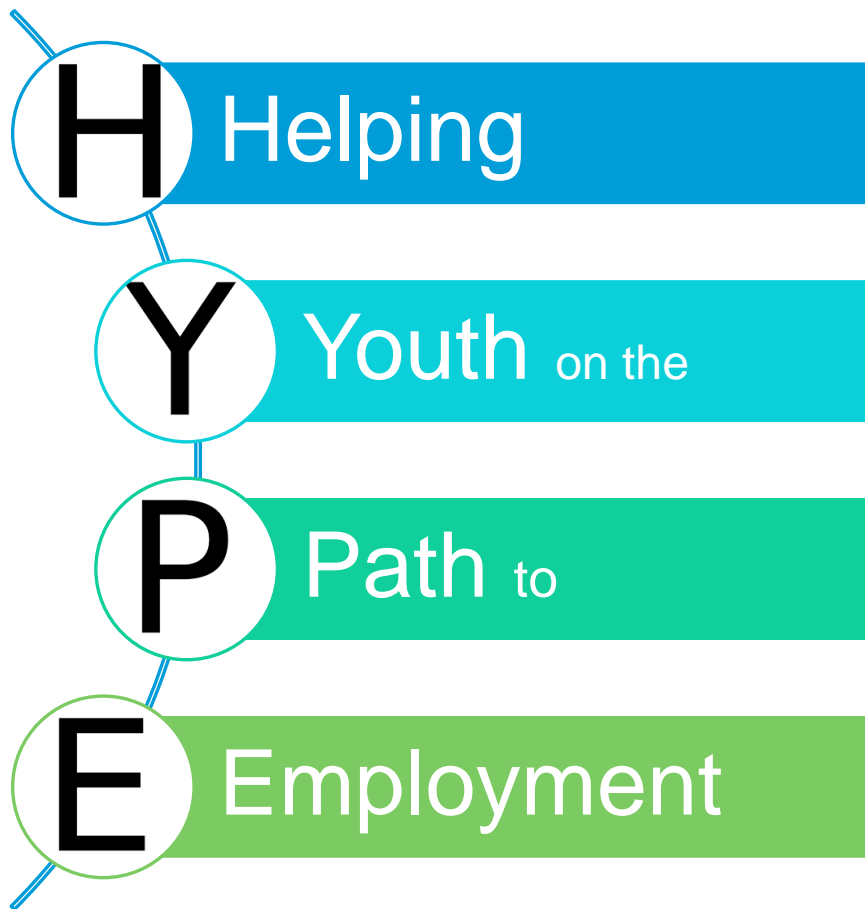
E Employment

- **Young Adult Career services** focused on *prioritizing education early* to enhance school and work outcomes

- **Fluid career development approach-** both education and employment supports:
  - Support movement between school and work
  - Consistent & adequate skills & supports

Connecting with HYPE

Contact us!

www.umassmed.edu/hype

HYPE@umassmed.edu

We want to help!

HYPE Manual
Helping Youth on the Path to Employment

Today's Discussion

- Things We Want to Consider

- Figuring Out Your Day

- Time vs Task Management

- Motivation & Managing Emotions

- Navigating Your School & Getting What You Need

- Resources: Current & Upcoming

- Question & Answer…

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GRATITUDE…

Thank you to our college student advisory board.
Sharing your time and your thoughts with me and my team
have helped to shape this webinar.
We appreciate you. Thank you!

If you want to be able to provide feedback or
participate in our college student advisory board,
please email us at HYPE@umassmed.edu

Unprecedented times: Things We Want to Consider

- You are struggling like everyone else…everyone struggles differently.

- This is not your fault!

- Validate your feelings. This is hard…
  - You did not ask to leave campus, do work from home, and be away from your people and your places…COVID did that.

- Identify what is hard for you…find the feeling and the cause.
  - You may not be able to change the cause, but perhaps solutions can come from identifying the issue.

- Find the resource or person/people that can help…maybe today's discussion can help a bit.

WE WANT TO HELP YOU FIGURE OUT HOW TO FINISH YOUR SEMESTER.

Hopefully this discussion will give you some ideas and some tools to complete the semester.

Figuring Out Your Day

- Your COVID days will not look like your pre-COVID days…
  - Take more breaks with things that make you feel positive & connected.
  - Time management should change.

- Think about what makes you happy that you can do now.
  - Make a list of things that brings you happiness or positive feelings

- Identify things that make you feel energized/recharged.

- Recreate your wellness…what does it look like now??
  - If you didn't have good strategies before now may be the time.
 - Mental/physical wellness enhances your "academic wellness".

Structuring Your Day

- Everyone needs structure to thrive.
  - All structure does not look the same.

- Identify your "productive" and non-productive times.
  - Where/when can you get stuff done with less effort & where/when you cannot get much done despite even your hardest efforts??

- Figure out how you "waste time".
  - You can still do those things (if you like them), but preferably during your non-productive time.

- Stitch together a day that is flexible with productive time and down time.

WORKING FROM HOME
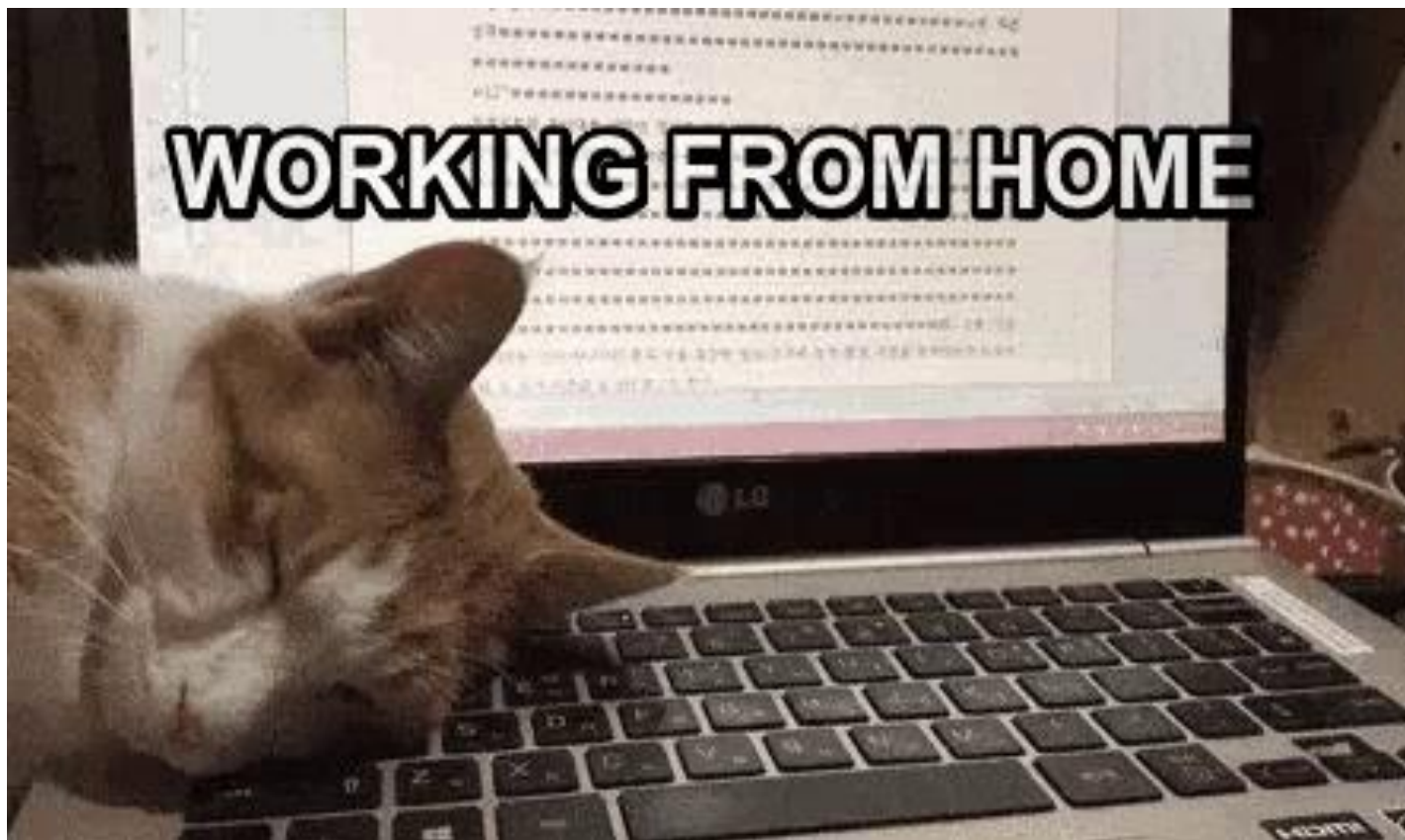
Working at Home

- Home space, once a place for decompression, is now *compressing*!!

- What tasks are best done at the table? From the couch? In bed?
  - Not all things are best in all places…e.g. if you have a class you find boring, don't read in bed, you will get a lot more sleep than planned.

- Minimizing internal and external distractions
  - Yes, this means cell phones…and to-do lists

- Set goals…daily, weekly, and end of semester.

- One foot in front of the other….
  - Often little changes make it possible to make bigger changes

Time vs Task Management

Time Management:

- How much time do I have? And how much time will it take? What time do I start/end?

Task Management:

- What do I have to do? And when do I have to get it done? What is the priority?

- Figure out if you are a time or task manager…
  - Successful performance often needs a mixer of both.

- Task management, arguably, is more important now to finish up during these unprecedented times.

Calendar vs To-Do List

- If you don't have a calendar, you want to consider one.

- If you don't create to-do list, you definitely want to develop them.

- Calendars:

  - Allows you to put all of your deadlines and visualize how much time you have.

  - Requires upkeep (its totally worth it, though)

  - Can integrate to-do list tasks into calendar
    - This *will* drive some people bananas…

If its not on the calendar… it doesn't exist!!!

To-Do Lists

- Daily and weekly…update throughout the day, every day…

- Make one every day
  - What do I have to get done today?
  - What do I have to do today to get *this thing* done by *later this week*?

- Task-Chunk
  - Take a big assignment and break it into smaller parts.
  - Do one part of the assignment each day that grows into the larger project.

- Use your list to reduce your internal distractions
  - "Oh! I need to call *this person*". Instead calling them in that moment, put it on the to-do list.

If you don't do anything else differently make a to-do list!
It can be lifesaving!

Example To-Do List

Things I need to accomplish this week:

Write paper for Psych- Due Friday

Review Group project for Econ- Due Tuesday 9am

Study for Geo exam- Exam Thursday

Confirm placement for Fall- email Program Director

Find time for zoom call with group members- Wed

Things I need to-do today: Monday

Find email with most recent group project outline

Review outline & send to Nikki & Devon

Send doodle to whole group for outline review

Write Intro to psych paper

Find more articles for psych paper

Draft email to Program Director- send to Alita for review

Skim the last section of History chapter before class at 2:30pm

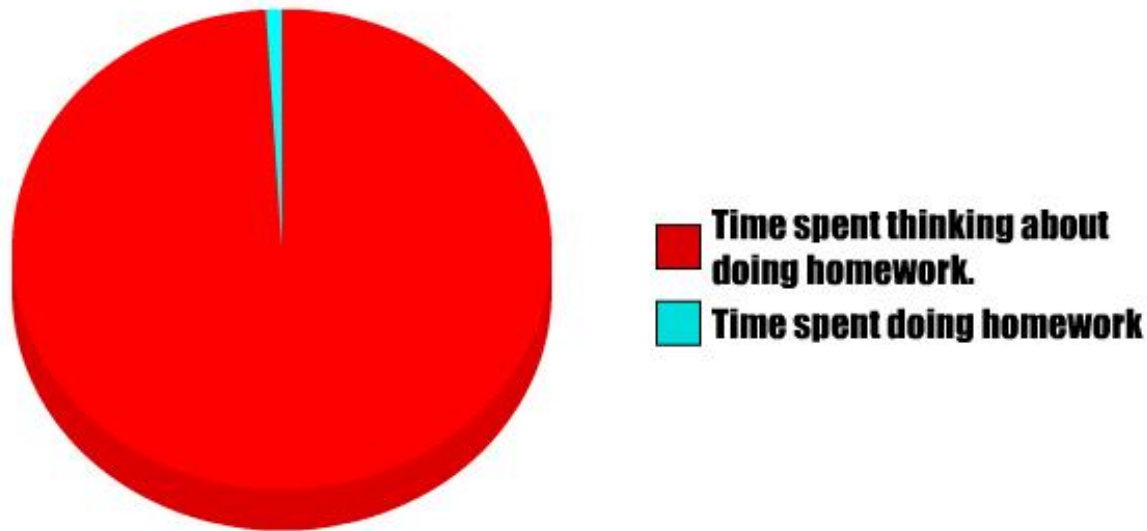**Things I need to do for me and my happiness:**

Go for a walk

Start my puzzle- after I finish above

Try the new slow cooker recipe—broccoli & chicken

Motivation????

HOMEWORK

■ Time spent thinking about doing homework.
□ Time spent doing homework

Motivation

- Often, starting something is the hardest thing to do.

- The <u>anticipation</u> is usually worse than the actual activity.

- Develop Group Accountability Plans (GAPs)
  - develop a check-in schedule with your friends, family, people, or even the public.
  - Today, I want to accomplish [this]…I'm going to check in at…to tell you my progress.
  - Text, zoom parallel work, or post on social media…whatever works.

- Keep the goal in mind: I have to do [this] in order to get [that].
  - Hopefully, the "that" is important.
  - Write down the goal. It is helpful to see. Put it on your fridge, sticky note on the inside of your computer…anywhere that you will see it.

Motivation & Emotions
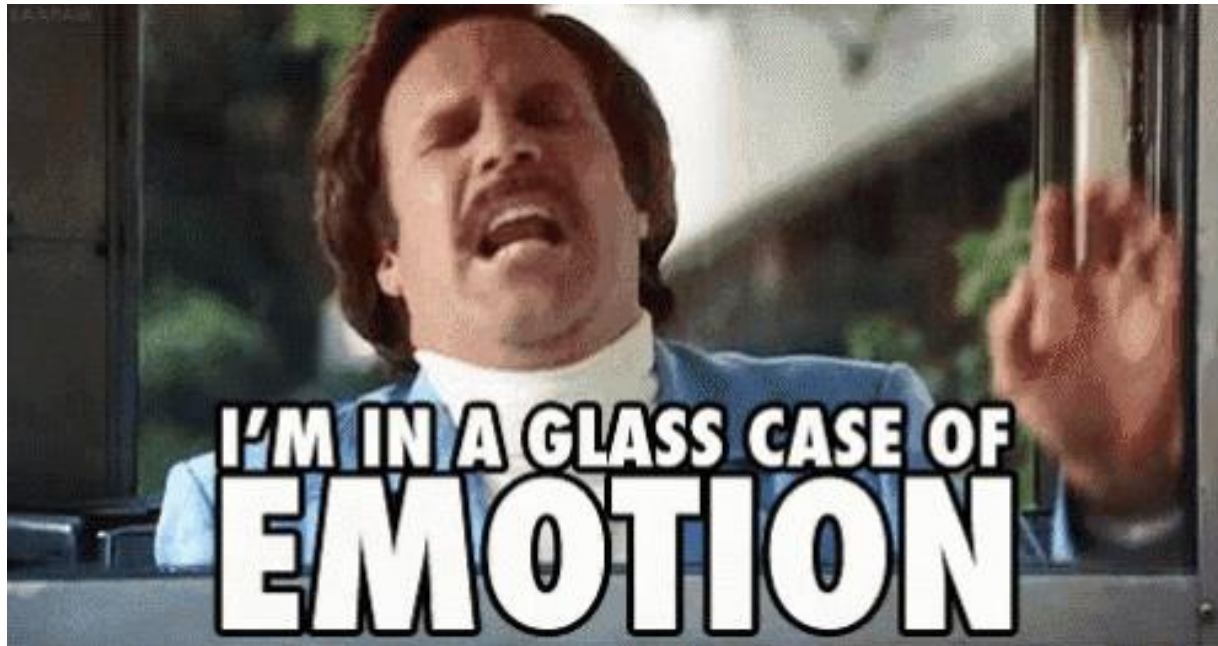
Motivation & Managing Emotions

- Sometimes emotions get in the way of motivation.

- Identify the emotion(s).

- What is the issue causing the emotion?
  - The snake's head vs the branch…

- Is there a resource that can address the issue?
  - Issue: I'm anxious because I won't be able to finish all the coursework in time.
  - Solution: The accommodation of additional time will provide more room to complete the coursework and reduce anxiety.

- Is there something that can help keep the emotions at bay?
  - Walks, getting out of the house, eat regularly, naps, volunteer?

Our Move Online…

Nobody during the online classes:
The one kid with the bad internet:

Or maybe our professors...

Managing Online Expectations

- Professors had a week to prepare to move their classes online
  - Usually faculty have a year to move a class from in-person to online
  - Keep in mind that this has been hard on them as well

- Some faculty increased work to ensure participation
  - Increased expectation to post and respond to discussion threads
  - A "ten second" response in class translates to an hour of work at home
  - This is an unintended consequence and probably not purposefully designed to increase your work

- Understanding your professors priorities is important
- Asking for what you need, kindly, may get you what you want…

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Navigating Your Classes & Getting What You Need

- First…figure out what you need
  - Extensions, accommodations, incompletes, P/F (if your school offers it)…

- Advocating for your needs
  - Who do you talk to? And how do you say it?

- Find your advocates
  - Awesome professor, mentor, Dean, disability services, counseling services, student government

- Honey first, then vinegar…
  - The way people treat you is a reflection of them, the way you treat them is a reflection of you…

Resources on Campus: CAPS & Accessibility/Disability Services

- CAPS/Counseling services:
  - providing tele-health services
  - webinars and tools to help manage wellness
  - Contact them to see what is being offered

- Accessibility/Disability Services: Yes, it is for you too…
  - Provides additional protections for qualified students
  - Does not disclose your condition to professors
  - Helps to identify and then approve helpful accommodations and assistive technology for your condition in specific classes
  - Provides additional resources (such as tutoring, early registration)

Requesting Accommodations
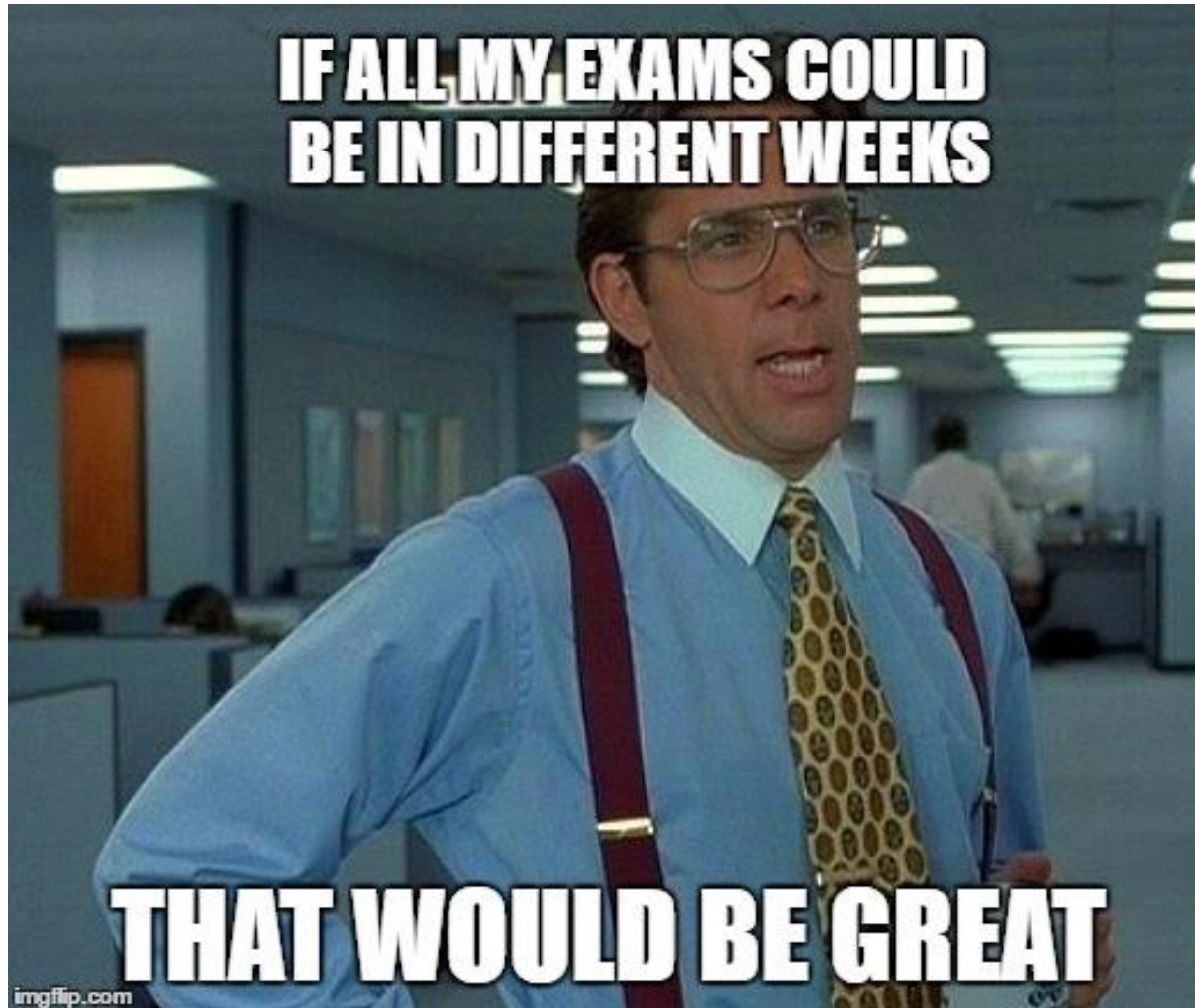
Requests for Accommodations

- Contact your disability/accessibility office
  - What's the process for registering now? Is there temporary help they can provide now?

- Helpful accommodations:
  - Extended timelines for assignments (including discussion threads)
  - More time on exams
  - Extended time to submit final work for semester
  - Assistive technology for organization, time management, & writing papers
    - Remember- talk to text is an option, even if you don't get accommodations
  - Remote accompaniment/coaches/tutors

Our Resources

Current:

- Resource list of how to set up a calendar, to-do list, managing electronic files, setting up a space at home…go to our website to download: https://www.umassmed.edu/hype

Upcoming:

- Language for emails to help you to ask for what you need to:
  - Professors
 - Chairs/Deans
  - Student Government
  - Disability Services

COVID-19 RESOURCES FOR COLLEGE STUDENTS

FOR THE COLLEGE STUDENT

TOPIC	SOURCE	TITLE
Advice/Support	Harvard Business Review	Anxiety Is Contagious. Here's How to Contain
Advice/Support	The Jed Foundation	What to Do When the Sports Season Gets Cut
Advice/Support	Mental Health America	To The Class Of 2020: Not The Season-Ending

Before Moving on to Your Questions..
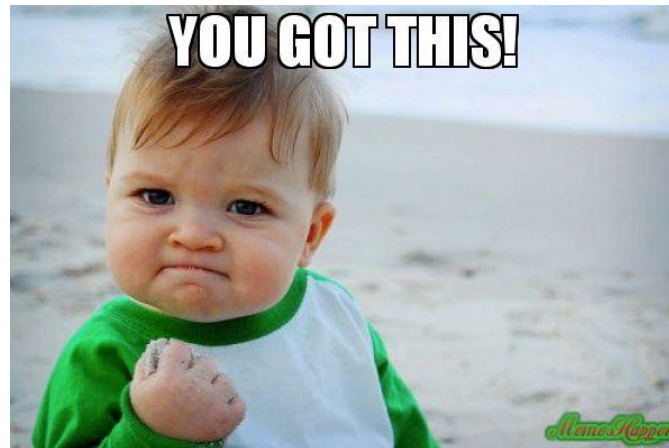
- Be kind to yourself.
  - If you wouldn't say it to your friend, don't say it to yourself.
- You have been through hard things before and you got through it.
  - This too shall pass.
- Don't give up, just keep adjusting…we are learning as we go…

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Stay Connected!

Additional questions or inquiries for our team?
Contact us directly at HYPE@umassmed.edu

Sign up for our e-mail newsletter for our products and announcements!

Text **TRANSITIONSACR** to **22828**

Visit us at
umassmed.edu/HYPE

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Question and Answer
Tell us how we can be helpful…now and in the future!

Type your questions or comments into the "Questions" tab.