

Dear Transfer Students,

Our theme for this month's Transfer Student Newsletter is Reflection & Self-Care. Given the circumstances of COVID-19, this theme feels particularly appropriate. In the coming days, we hope that you are able to reflect on your time at UMass so far: your victories, your struggles and how you've grown.

We also hope that you can think about ways to continue your momentum moving forward. Now is an important time to tend to your wellbeing and make sure that you have the tools necessary to complete spring semester. We hope that the information in this newsletter will be helpful to you as you plan. As always, know that we are here to support you and welcome your being in touch with us at any time at studentsuccess@umass.edu.

Sincerely,
Carolyn and Laura

Carolyn Bassett

Associate Provost for Student Success

Laura Bourque

New Student Transitions Coordinator

Take care of yourself and be informed about the global implications of COVID-19.

Many publications (New York Times, The Atlantic, etc.) have taken down their paywall for articles about COVID-19. Educating yourself will help keep you and your loved ones safe, and will provide you with a clearer picture of how the timeline will impact your academic career.

For more local updates and resources, visit the UMass Amherst COVID-19 webpage at umass.edu/coronavirus

Campus Resources

Please note: Due to remote working conditions, offices may be providing services in a slightly different capacity than is typical. Please be in touch with them directly for more information.

- **Career Development & Professional Connections Hub**
During this transition to online learning the University Career Centers are still here for you with online resources, job and internship postings, and phone or skype appointments.
- **Domestic Exchange**
Student Success is here to help you virtually plan your study-away experience! Information sessions for Domestic Exchange will resume on March 25 via Zoom.
- **Office of Undergraduate Research and Studies (OURS)**
You can still discover research opportunities and get help with your current research virtually through OURS. If you have questions, please email lrc@umass.edu.

Wellbeing Resources

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- **Psychological Tips for Managing Coronavirus Concerns**
Tips to help you manage the stress and anxiety that can come up in the midst of uncertainty or fears about health and personal safety.
- **Better Together: Join the Umass community-wide meditation challenge**
Anxiety is a totally understandable reaction to these times. What can you control? How do you find calm? [Journey Live](#) is a meditation app offering real-time group meditation classes all day. Take a class, ask questions of instructors, and connect to a community of peers who are putting their energy toward calm. [Use this link](#) to receive a free One-Month Meditation Subscription to Journey Live.

Get outside!

Remember that walking, running and hiking outside in unpopulated areas is not only an approved activity during social-distancing, but is a healthy way to clear your mind and get some exercise. Keep taking care of yourself in ways that feel helpful and safe.

Mid-semester Reflections...**...on your goals:**

- What goals did you set for yourself in the first half of the semester?
- Which of them did you complete?
- For those that still need to be completed, what steps can you take to move forward with checking them off?

...on your wellbeing:

- How are you feeling inside right now? Naming emotions is an important component of self-care.
- What do you need from the people around you in order to feel supported?
- What information would be helpful for you to have in order to complete spring semester? Think: Course logistics, technology, housing, grades, etc.

...on your life at UMass:

- What has been your most treasured moment of the semester so far? What made it such a special memory?
- Where do you feel like you made progress and excelled so far at UMass? Own your victories; you're doing great!

Be patient with your instructors as they learn to best navigate distance learning.

Switching from in-person classrooms to distance learning will be a joint effort and we all need to support one another in the process. If you have particular needs that your instructors are not addressing, we're happy to help you think through how to effectively bring them up.