The initial technical challenge of the converting to on-line courses, remote workplaces and ramped down research has been generally accomplished....at least the heavy lifting is done for these acute challenges. Now the chronic challenges of maintaining momentum and taking care of ourselves, our families, our colleagues and our students will be the task at hand. Katie Hughes has compiled a wonderful list of the sources of information to consult:

1 Resources for faculty/staff:

Student Emergency Fund....the application process: https://uarizona.co1.qualtrics.com/jfe/form/SV_eX2oNQD4G3lv1ch. You can donate to the fund through a crowdfunding site at: https://crowdfund.arizona.edu/project/20499

Dean of Students will check on students via the Public Care report. https://deanofstudents.arizona.edu/support/concerned-about-student or call the number on that page if you are unsure of what steps to take.

The Dean of Students Office Dean on Call Program provides faculty and staff with a 24/7 contact to assist with urgent concerns, or emergency and crisis situations impacting the student community. Please click here to access the Dean on Call

Just in case:
"Tip for working from home with young kids..... (from someone who worked from home for 18 years.) Kids may not understand the difference between you being physically accessible and you being available. I put a command hook on the outside of my office door with 3 signs, like a traffic light. They easily understood that the green light meant they could come on in and talk to me, that the red stop sign meant not to interrupt unless there was a fire or someone badly hurt, and the yellow triangle meant to knock very softly and wait patiently. It worked wonders for everyone, especially by reducing their confusion and frustration."

Resources for students:

Campus Pantry is still open, Hours: Tuesdays 2-4pm, Wednesdays and Fridays 11-1pm. https://campuspantry.arizona.edu/
Emergency food bags are available in the Dean of Students office located in the Nugent Building.

Student Emergency Fund....the application process: https://uarizona.co1.qualtrics.com/jfe/form/SV_eX2oNQD4G3lv1ch.
**Campus Health** is still open if the student is in Tucson and needs medical assistance. [https://health.arizona.edu/](https://health.arizona.edu/)

Campus Health is now testing for COVID-19 - please call (520) 621-9202 before you come in.

The **withdrawal deadline has been extended** until April 14th. Be sure to check with your advisor or the financial aid office if you have questions about how withdrawing may affect your financial aid.

The **Think Tank has full online services for tutoring and academic skills** workshops: [https://thinktank.arizona.edu/online-services](https://thinktank.arizona.edu/online-services)

**Remote WiFi hotspot** list [https://it.arizona.edu/documentation/remote-uawifi-hotspots](https://it.arizona.edu/documentation/remote-uawifi-hotspots)

If these won’t work for you, contact your advisor or Andy Honaman to seek assistance in maintaining your connection: amh@email.arizona.edu or 520-621-5517.

**Ideas to help cope with stress related to COVID-19**
*If you’re feeling alone or struggling, text TALK to 741741 or call 1-800-274-TALK.*

**Free Life Management Specialist**
CALS has a Life Management Specialist who is also a licensed counselor. He can see people via zoom or phone. **NEED TO TALK?** CALS has a new service to help. **NO-COST and CONFIDENTIAL life management counseling** is now available for undergraduate students in the College of Agriculture and Life Sciences.

**Free Professional Counselor**
Whether you are feeling anxiety related to COVID-19 or are experiencing other life events that are emotionally challenging, Ryan Daily, Licensed Professional Counselor will work with you to address your concerns.

**Creating a self-care plan:**
[https://docs.google.com/document/d/1RUf43UozMC6zSAbk_uXr4F_l36wS60fxwmOKaOhvF0/edit](https://docs.google.com/document/d/1RUf43UozMC6zSAbk_uXr4F_l36wS60fxwmOKaOhvF0/edit)

2. The results of the University's first survey of students since the conversion to on-line is attached and it highlights some of the challenges and frustrations that students are facing and which can inform or teaching.

3. Research has been severely reduced to only the most essential efforts and these exemptions from the Governor's executive order must be reviewed by the SVPR and approved. [https://research.arizona.edu/essential-research-waiver](https://research.arizona.edu/essential-research-waiver)
4. Another way to stay in touch, ask a question or drink coffee is to stop in between 9 and 10 am for coffee hour with the Director. Happy to have you stop by for my 'office hours' at: https://arizona.zoom.us/my/johnkoprowskiuarizona

Thank you again for your efforts!

Sincerely,

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