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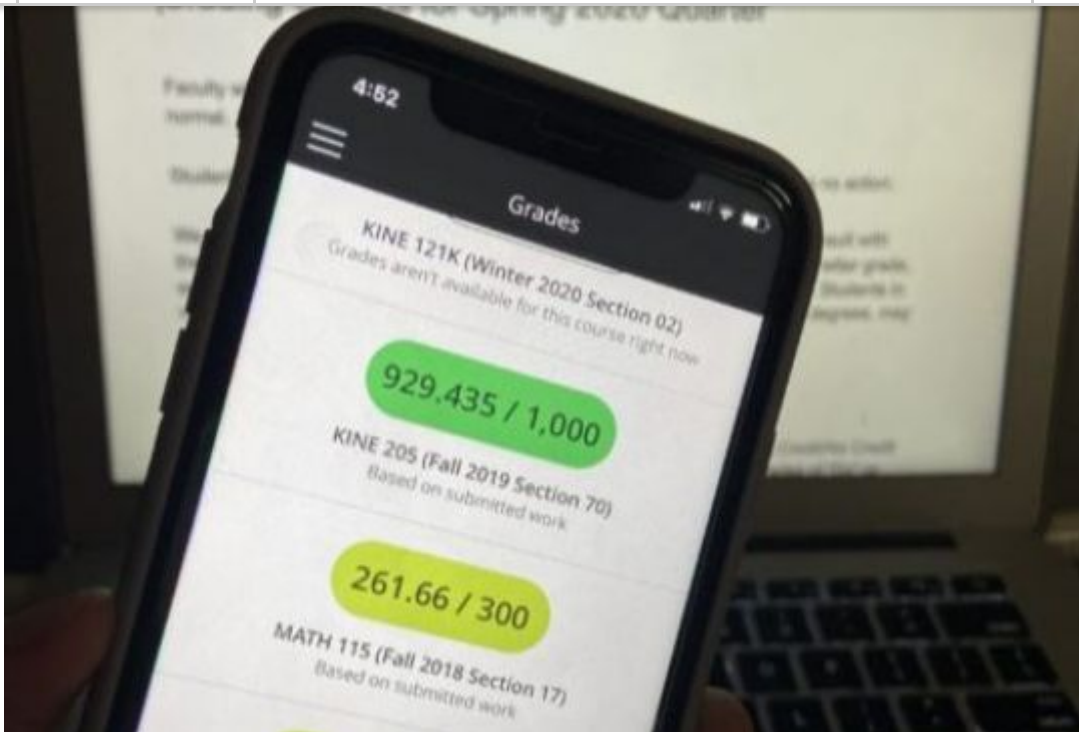
VOTE MAY 6-7

Student candidates campaign via Internet

By Yera Nanan |Community Features Reporter|

The 2020 Associated Students Incorporated (ASI) Elections are underway, but the road to victory for candidates has been an uphill battle as cyber campaigning has become the new norm.

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Faculty Senate passes alternate grading options

By Karina Rodarte [Video Editor]

The Faculty Senate passed a temporary grading option that allows students to decide to opt into a credit or no credit grade for the Spring 2020 quarter during the Faculty Senate Meeting on April 21.

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Nurses fear for their loved ones as novel coronavirus continues to spread

By Josie De Vera |Staff Writer|

Southern California nurses fear spreading COVID-19 to their loved ones, while being on the frontlines of battling the pandemic. Every day they work with coronavirus patients is another day they put their families at risk.

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Students strive for distraction-free learning at home

By Erica Garcia |Staff Writer|

Zoom meetings have become the new norm for many college students throughout the nation. However, this new way of learning can become very distracting for the students and professors. There are many potential distractions at home for students to succumb into in the middle of lectures.

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Top 10 Tips for Better Stress Management in a Pandemic

Rachel Keener, PsyD, CAPS
Therapist, CSUSB
April 16, 2020

stress

By Katherine Hepler |Staff Writer|

In the midst of trying times, anxiety and stress levels can become overwhelming. Therefore, it is important that stress and anxiety be managed in healthy ways. A virtual workshop on "Top 10 Tips for Better Stress Management in a Pandemic" was held by Rachel Keener, PsyD and CAPS Therapist, on April 16, and the workshop had a total of 84 viewers.

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Q & A with Albert Angelo

By Roxana Loza |Contributing Writer|

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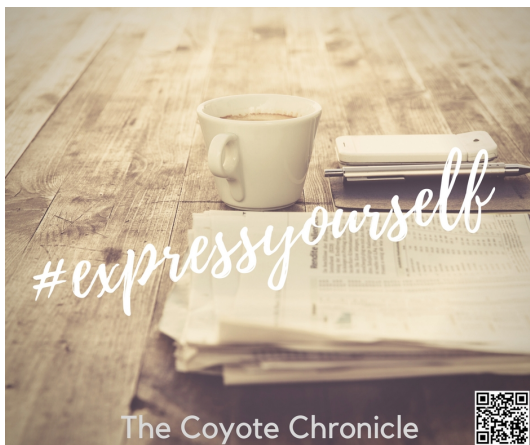


Q & A with National Volleyball Assistant Head Coach of the Year, Danny Scott

By Adriana Buenrostro |Contributing Writer|

There's no doubt that the CSUSB women's volleyball team has put the school on the map at a national level for years to come. The women's team holds 14 CCAA championships, 8 West Regional championships, and just finished their best season in school history, going 33-0 and winning the national championship. But how does a team follow that perfect record when their entire spring season, and possibly preseason, is cancelled due to COVID-19?

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Student candidates campaign via Internet

APRIL 29, 2020 BY YERA NANAN — [LEAVE A COMMENT](#)

VOTE MAY 6-7

The 2020 Associated Students Incorporated (ASI) Elections are underway, but the road to victory for candidates has been an uphill battle as cyber campaigning has become the new norm.

In the midst of the COVID-19 pandemic, candidates have marketed themselves through various social media platforms and Zoom meetings.

Though campaigning has become completely digital, this hasn't changed the morals, values, and identities that students are choosing to campaign for.

"It's just a learning curve for how we are going to do what we would usually do on a virtual platform. Marketing is going to be a struggle," said Presidential candidate Sage Keyner.



Keyner shown signing the highest beam placed on top of the new Santos Manuel Student Union.

Keyner has been involved in ASI for two years and, with her experience from being around great leaders, she now feels she is ready to lead the corporation.

"I've been exposed to so many leadership opportunities that it led me to the decision to want to take on this role, and the positions I have had were pivotal in this," explained Keyner.

Being team-focused and leading a sustainable campaign are some of the highlights she is focused on in order to be victorious.

The President of ASI not only operates as the Chief Executive Officer but is also the face of the corporation.

Third year Political Science major, Nicolas Sablan, wants to add value to that face by hosting more engaging events and fully connecting with the student body.

A large percentage of our campus community feels disenfranchised with ASI...they see the letters yet they don't know specifically what their purpose is on this campus.

— “Nicolas

Sablan feels there should be more collaboration with culturally based clubs and increased access to mental health resources, especially because of the COVID-19 crisis.



Sablan is shown being involved on campus and enjoying Carls Jr. from an event.

"I want to lobby our state and federal governments for COVID-19 recovery funding. We need more money to hire more therapists since this is a serious issue," mentioned Sablan.

The current pandemic has become an integral part in many of the candidates' platforms and how they will look to address certain issues for the next academic year.

Fourth year Global Studies major, Graciella Moran understands that unprecedented circumstances always happen and plans to take immediate action about this, if she is elected.

"The very first thing I plan to do is ensuring students that we are going to be okay and having a conversation on how we are going to restore funds and damages done," explained Moran.



Moran has been able to advocate through the Model United Nations Program by attending the New York Conference.

Moran's focus is on marginalized and underrepresented communities, including students with disabilities, as she is a cancer survivor.

"If we could build more partnerships between CSUSB and the County of San Bernardino in regard to giving back to cities, that would be amazing," said Moran.

Transfer student and Communications major, Reyen Warren, has a different outlook on the situation and wants to make housing her first initiative, if elected into office.

"On campus residents should feel safe by implementing key fobs within all the doors as safety has been a very big issue within the dorms," said Warren.

Warren did express that, although this crisis did prevent her from implementing her physical approach, social media has definitely been the cheaper route.

My personality shows when I speak and I have something about me that is unique, and it is hard to articulate that through social media and pictures.

— "Reyen

Senior Psychology Major, Marina Stone, has had a seamless transition since she is running unopposed for the Executive Vice President position.

Executive Vice President Candidate Marina S...



"I am really focused on sustainability so I do think that there are better ways than just printing flyers. I wanted to avoid that anyway since it's better for the environment," said Stone.

This particular position is unique as the office holder not only supports the president, but also makes sure students are represented on various campus-wide committees.

"I think that I can help bring the structure to the position as it is needed and give it more of a purpose. It is important to support your other executive members," explained Stone.

The last position that makes up the Executive Team for ASI is the Vice President of Finance, who provides financial stability and oversees Club Allocation Budget funding.

Three candidates are poised and ready to take this position with three very different platforms and campaign styles.

"My main focus is being more transparent with ASI student funds that we pay. A lot of people don't know where those fees go to," explained Vice President of Finance candidate Steven Santos.

Santos hails from the Coachella Valley and is one of the first people to ever run for this position as a student from the Palm Desert Campus.



Santos is seen representing the Coyote sign as he places his bid for Vice President of Finance.

"I am trying to reach out to some of the organizations on the San Bernardino campus just to get to know them a little bit better because I don't really know a lot about the San Bernardino Campus," said Santos.

Paola Galvez finds herself in a unique situation, as she is a freshman, but believes it is never too early to run.

I see this as a way to actually motivate students. I want to get the word out to the students that may feel they do not have what it takes to run for leadership positions.

— "Paola

Galvez is striving for complete transparency and accountability for her time in office while also wanting to simplify CAB funding.



Galvez has been able to create an extensive repertoire in her first year as a Coyote.

"Many times, in politics, things can get distorted and false information is provided. But during my time in office, integrity and discipline will be huge," said Galvez.

Second year Nursing Major, Sabrina Chang, is leading a campaign based on accountability but has a vivid background in accounting.

"In high school, I was the chapter and region treasurer for Family, Career and Community Leaders of America, so I was able to write checks and create budgets," explained Chang.

The programming on campus and the Women's Resource Center has led her to become more involved and run for this position.

"They were able to let me meet more people and they have such a friendly environment upstairs. I really enjoyed the recent basketball game with a free meal," expressed Chang.



SMILES

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Programming for ASI has now become fully digital with the Presidential Debate having taken place on April 29 at 12:00 p.m.

The candidates will be looking for student support via voting which will take place May 6 and 7.

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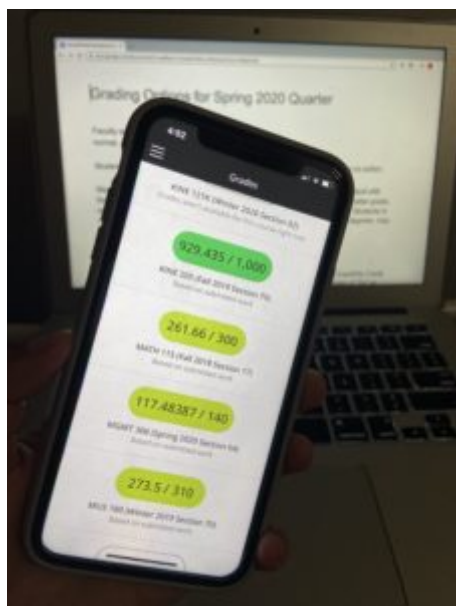
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Faculty Senate passes alternate grading options

APRIL 29, 2020 BY **KARINA RODARTE** — [LEAVE A COMMENT](#)



Students decide their preference of grading. (Photo by Karina

The Faculty Senate passed a temporary grading option that allows students to decide to opt into a credit or no credit grade for the Spring 2020 quarter during the Faculty Senate Meeting on April 21.

Discussions related to an **alternative grading system** were provoked due to the COVID-19 pandemic. The motion was mentioned but not confirmed from the previous meeting on April 7.

The primary author in drafting the changes to the grading policy, Senator Beth Steffel, said, "my goal in bringing this to you is to come up with the best

Rodarte)

possible options for students in the unprecedented times we're at."

The meeting took place through Zoom where the credit/ no credit grading alternative was voted and adopted by the senates.

CSUSB joins other Cal States, such as Cal Poly Pomona and Fullerton, that offer this grading option.

The senators discussed time-frames that they found reasonable for students to make the change to their grade. The time-frames were described as a "two-stage process."

Stage One will last until the final day of instruction when students can issue a course grade as credit or no credit. Steffel explained Stage Two will last two weeks after final grades have been posted where "a student can petition the registrar to convert a posted letter grade."

The two-stage process was recommended by the Office of Registrar to Steffel to keep up with the demand for these changes. Exceptions for the deadlines may also be waived on a "case by case" basis.

Senator Shari McMahan stressed that the change does not wipe the letter grade clean off a student's record.

"We are to record all letter grades," McMahan said. "And keep those on file and students have an option to do credit/ no credit. The letter grade will always be on file. So when they try to apply for their credential program or go into nursing, they can pull the transcripts with the letter grades."

Under Definition of Grades at CSUSB, receiving credit or no credit as a grade does not reflect on a student's grade-point average, but it does show up on a student's transcript.

With all the possible outcomes a student has on hand for their grade, Senator Davida Fischman recommended that the request for these possibilities should be accessible and efficient to them.

"I just wanted to request that the procedure for students to request a grade change after the fact be as simple as possible," Fischman said. "That they'd be able to just go in and make the request and not have to fill out a great big form and and write a lot of justification and so on."

Additionally, it has been established that unauthorized withdrawals this quarter will not count towards the withdrawal limit. Grade forgiveness in a course for Spring 2020 will not count against the limit as well.

Credit/ no credit talk has yet to reach second year CSUSB student, Daniel Cardenas.

"To be honest I didn't even know you could do this. I've been so busy with work. I've just been making sure I turn everything I have into Blackboard," Cardenas said. "That's pretty crazy, the fact that it's an option is cool."

Cardenas is majoring in history and is disappointed that he's taking his major classes online, where he finds it more difficult to keep up with classes. He is considered an essential worker and finds the option for credit or no credit comforting.

"I mean I'm still going to just do what I got to do," said Cardenas. "I'm paying for school so I don't want to just take a class and not get the credit, you feel me?"

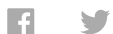
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Nurses fear for their loved ones as novel coronavirus continues to spread

APRIL 29, 2020 BY **JOSIE DE VERA** — [LEAVE A COMMENT](#)

Southern California nurses fear spreading COVID-19 to their loved ones, while being on the frontlines of battling the pandemic. Every day they work with coronavirus patients is another day they put their families at risk.



Jennifer Martinez kissing her son after coming home from medical clinic. (Photo by Angel Martinez Morales)

Adeline Manese, a registered nurse at Kaiser Fontana, said, "When the pandemic first started, nurses were not allowed to wear masks unless necessary." Manese stated that only nurses who were taking care of respiratory patients or performing sterile procedures were allowed access to masks, and they were prohibited from bringing protective equipment from home.

As the number of COVID-19 patients steadily increased, the supply of personal protective equipment (PPE) was made readily available, and the use of such equipment was widely encouraged for all hospital employees.

Healthcare professionals are concerned about the uncertainty surrounding the virus. Celeste Bolanos, a nurse at Pomona Valley, said "Being prepared for something we have never experienced before is hard, that's why people began to panic and were stressed out."

With more research being done, hospitals are able to better inform and educate their staff regarding the virus and protecting themselves from infection.

In the beginning, nurses felt lost and completely unprepared to fight the pandemic because of the lack of information and support from the US government. They felt that policy makers were slow in taking action against COVID-19. They wondered why a stay-at-home order was enforced in some states but not others. Some, like Jean Teves, even questioned how our government was seemingly unprepared for such an event, when other pandemics had been present in our nation before.

"Even though it didn't hit here first, the government should've taken extra precaution to prevent the spread. They should've planned a bigger budget when things like this hit. Instead of bringing politics and blame to how everything came to the about, the government should work together and resist creating other problems," said Teves.

Another concern for our frontline workers is testing. They believe with more accessible testing, coronavirus can be spotted more quickly and contained.

"I would feel better if California was able to begin mass COVID-19 testing to all and if antibody testing was available to healthcare and essential workers. Antibody testing could detect who is immune to the virus and can safely go back to work," said Manese.

Manese thinks the virus can further be prevented from spreading by knowing where "hot spots" of the virus are, and that method may be helpful to the nation as a whole. They hope the government, along with WHO and the CDC, can begin widespread distribution of testing as soon as possible.

With the ongoing spread of COVID-19, nurses fear the steady rise in numbers will bring more patients to their hospital beds. In turn, they will be continuing to put themselves and their families at risk. Despite this, the nurses remain hopeful that this will all end soon, that life will return to normal, and that their families will once again be safe. As a general consensus, the nurses have come to realize that all they can do is try their best to remain healthy and do their jobs to help those who are suffering.

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Students strive for distraction-free learning at home

APRIL 29, 2020 BY [ERICA GARCIA](#) — [LEAVE A COMMENT](#)



Photo by Citlaly Carlos

Zoom meetings have become the new norm for many college students throughout the nation. However, this new way of learning can become very distracting for the students and professors. There are many potential distractions at home for students to succumb to in the middle of lectures.

Some distractions might include the TV being on, the phone pinging with notifications, and pets and children who are seeking attention. It is difficult for everyone to not be on a college campus, inside a classroom where there are minimal distractions, and to know that there are consequences to be faced for those who conduct disruptive behavior for trying to distract others.

While Zoom meetings are non-optional throughout the country, what are students doing and what actions are they taking to prevent distraction-free learning?

CSUSB student Layla Lopez is taking measures to ensure a distraction-free environment at home.

"I am trying to make my room comfortable but free of distractions," says Lopez. "Luckily enough I have a family that is also busy and courteous enough to understand that I am still 'in class' during my zoom session."

Keren Cheatwood is taking action at home as well. She says, "I am doing my homework in my room without the TV on and my phone is away. I also put on instrumental music while doing my homework to keep me in the zone."

In addition to making home a distraction-free environment, many students have to adapt to this new way of learning.

"I find online learning more difficult because I am a hands-on learner and prefer to be at school where I am more focused," Lopez comments. "I am still thankful I get to have some interaction with my peers through the sessions, but having in class discussions are obviously more difficult online than in person."

Online learning proves to be difficult for many students such as Cheatwood. "Online learning is more difficult for me because I am used to hands on learning. I do better in a classroom setting where I can ask questions and hear other students' thoughts and opinions as well," says Cheatwood.

Some students prefer the online classes because of the flexibility it offers. "I actually like zoom a lot more than an in class setting, I can easily put my airpods in and listen in on the lecture while doing other things. It gives me the luxury to lay down and relax or even eat a meal. I also don't have to worry about what clothes I'm going to wear and it is way easier to wake up for lecture because it doesn't take long to turn on my laptop and hop on zoom coming right out of bed," student Jon Ramos says.

Although there are some distractions that can be avoided, not all of them can be anticipated. Jon Ramos had some distractions during the first week of school that no one could have predicted.

"My lecture was raided during the first week. There were a couple of guys who weren't part of the class who were being a big distraction and had a high desire of being class clowns. They were initially kicked out but came back towards the end of lecture," said Ramos.

Because the sudden transition from on campus and in person to entirely online is the new and current norm, it is necessary to promote, as best as we can, healthy and safe-learning experiences for everyone during this pandemic. Hopefully, all students, staff, and faculty will be back on campus soon, as one united pack.

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Dr. Keener hosts webinar to help reduce stress

APRIL 29, 2020 BY **KATHERINE HEPLER** — [LEAVE A COMMENT](#)

In the midst of trying times, anxiety and stress levels can become overwhelming. Therefore, it is important that stress and anxiety be managed in healthy ways. A virtual workshop on “Top 10 Tips for Better Stress Management in a Pandemic” was held by Rachel Keener, PsyD and CAPS Therapist, on April 16, and the workshop had a total of 84 viewers.



Top 10 Tips for Better Stress Management in a Pandemic

Rachel Keener, PsyD, CAPS
Therapist, CSUSB
April 16, 2020

Of the 84 viewers who participated, one viewer, Andrea Aguilar, commented that before this workshop, she managed her stress in a variety of ways. One of these ways was participating in a yoga class, and she stuck with that tactic for a while.

Another viewer, Raeven Jones, a Psychology Honors Student and a Psychology Peer Advisor, said that before this workshop, she managed her stress by using breathing techniques, keeping a daily routine, and sleeping at a reasonable hour (10 p.m.). "I also found it helpful to clean because a neat space helps clear the mind. I also looked at videos/tutorials based on my hobbies so I could learn more about them. This helped keep my mind off of stressful things," said Jones.

In an attempt to address the issue of stress and hopefully to offer a remedy to it, Dr. Keener presented 10 tips for better stress management. She presented the tips starting from ten and going down to the most important one.

Tip number ten Dr. Keener gave was to keep a schedule. "Establish a routine—daily and weekly, make daily to do lists, set up a dedicated workspace for school/work, pack up your workspace at the end of the day, and get rid of clutter," suggested Dr. Keener.

Tip number nine was to get the best sleep you can. Dr. Keener stated that we should "note our caffeine intake, do not take naps, be sufficiently hydrated, and that the best time to go to sleep was between 8 p.m. and midnight." In order to help increase our chances of

getting a restful night's sleep, Dr. Keener suggested to, "get your room as dark as possible, keep your phone away from your sleeping area, do an intense workout in the afternoon or evening, get sunlight in your eyes in the early morning, keep your room temperature between 60-67 degrees Fahrenheit, schedule a 'worry time' each day (15-30 minutes) not too close to bedtime, and write down every worry that arises in your heart."

Aguilar commented that one of the tips that stood out to her was needing more sleep.

"Honestly, my sleeping schedule has been AWFUL these past few weeks, especially since I'm not working right now. So what I really like to do to fix that is to keep my phone away and sleep at 12 a.m. to start off because baby steps seem easier to fix this situation," Aguilar said.

Tip number eight was to reach for healthy food choices. Dr. Keener suggests that we focus on boosting our immune system and pointed out that sugar weakens our immune system.

Jones stated that this tip was her favorite.

"I did not know that sugar weakens the immune system. I believe that during this time, it is important that we keep our immune systems well because that will alleviate some of the anxiety that we may have about our bodies being able to fight off COVID-19 effectively, and it is also generally a good habit to keep," Jones said.

Tip number seven Dr. Keener provided was deep breathing and meditation.

"When we're worried or stressed, we stop deep breathing. A lot of research has proven that meditation improves your immune system," Dr. Keener claimed.

An easy exercise that Dr. Keener says we can do to lower our anxiety levels is to breathe in for five seconds, hold it for five seconds, and then breathe out for five seconds. This tip stood out to Jones with good reason because stress levels are probably higher than usual due to the pandemic, and this simple exercise can help lower anxiety levels.

Tip number six was to check in with your emotions and validate your experience. Dr. Keener encourages that we "take time throughout the day to check in with our emotions." A cool jingle she shared about this in the workshop was "name it to tame it."

Tip number five was to get your creative juices flowing. Dr. Keener shared a quote from Scott Sonenshein, an Opinion Contributor who expressed his own views in The Hill:

"Resourcefulness research also shows that we use only a fraction of the utility of our current resources. We can unlock the full potential of what we already have during these trying times...Times of struggle bring out clever solutions and sometimes our greatest work. Shakespeare wrote Macbeth and King Lear while in quarantine during a plague. Sir Isaac Newton did his breakthrough work during the Great Plague of London."

Aguilar stated that she really liked this tip and considered it one of her favorites. "I love to draw, so being able to stay home and have more time to work on this really helps and is very therapeutic for me," said Aguilar.

Tip number four Dr. Keener gave was to exercise. Dr. Keener explained that, "exercising boosts your immune system, rids the body of excess cortisol (stress hormone), slows down the aging process, releases endorphins, lowers anxiety and depression, helps you sleep better, and helps you feel better about your body."

Aguilar commented that "exercising is something that I have always done. From walking to running to squatting. I have kept it as part of my routine for a while and it helps relieve my muscle tension."

Tip number three was how to deal with difficult people. Dr. Keener encourages us to keep our cool. "If we lose our cool, then we might say something we'll later regret," says Dr. Keener.

She encouraged participants to "Fly like an eagle"/pick your battles." Sometimes, some situations are not worth getting upset over so we need to pick our battles so to speak and make sure we are not unnecessarily looking for or causing trouble.

She then suggested that we shift from being reactive to being proactive and separate the person from the issue. This way, we are able to think clearer about what is bothering us and not lash out at the people we love.

Tip number two was to stay connected to life-giving people. She reminds us that "we are wired for connection with others. We are limited somewhat because of physical distancing but she points out that it is "physical distancing...not social isolation." There are

many things we can do to remain socially close to others without being physically present with each other and Dr. Keener gave some examples: “we can celebrate milestones with family and friends through video chat, play board games virtually with Board Game Arena, host a virtual challenge and have everyone share their photos or videos of the experience, and watch a Netflix movie together – using Google Chrome, and the Netflix Party extension through the Google Chrome store within the same Browser, and go old school—write a letter.”

Tip number one that Dr. Keener gave to help manage stress in a pandemic was to hold onto hope. She encouraged us and reminded us that this shall pass. “We can do this by utilizing our spiritual resources, making a bucket list—dreaming for our future, looking for ways to help others in this season, keeping a gratitude journal, and creating a playlist of hopeful songs,” suggested Dr. Keener.

Both Aguilar and Jones thought this workshop was extremely helpful. Jones stated that she wished this workshop was hosted sooner.

“Many of the tips that were given were things I have already started to incorporate into my life from researching ways to manage anxiety and stress, but some of the things were a surprise, and I am excited to try them out! I would highly recommend workshops like this to my friends because it is applicable to many situations,” Jones expressed.

Aguilar said that she will be sharing the top 10 tips on her personal blog page that she started.

She stated, “That way, many people out there on the explore page can just click on the helpful tips that I learned from this workshop.”

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Q&A with Albert Angelo

APRIL 24, 2020 BY [ROXANA LOZA](#) — [LEAVE A COMMENT](#)

The CSUSB Student Health Center's Senior Health Educator, Albert J. Angelo, discussed health education regarding students and the COVID-19 pandemic.



CSUSB Health Center. Photo by Citlaly Carlos

Angelo is part of the Health Promotion Team on campus which seeks to helping students in health education and engaging in healthy habits.

Q: What is the main goal of the Wellness Center?

A: The main goal was to keep students educated and engaged while we're in this weird situation of quarantine. My heart goes out to you guys, especially to those that are graduating because we had all these fun things planned, graduation ceremony and everything. It's a way of trying to educate students and trying to keep you guys engaged because there's a lot of Q&A, like the stress and the love lab programs that I do leaves a lot of live time for questions. Those kinds of questions can be addressed live and then there can be a community where students don't feel like they're as isolated.

Q: What is the center's contribution to students during this time?

A: I think one thing we are trying to do for students is that we are trying to give you everything we can that we gave you in person, like we're trying as best we can to try to give you everything we possibly can online. Counseling is online, you can talk to a doctor virtually online, you can meet with a psychiatrist online, you can meet with a health

educator online, you can take workshops online. There's certain things we can't do: we can't draw blood, take your temperature, but if you have a thermometer at home, you can talk to a doctor and the doctor can ask "do you have a fever?" or "what's your temperature?" There's certain things we can do and what we're trying to do as much as we can us we're trying to keep students engaged so that we can kind of help with the isolation and then try to keep as many services available to students that are possible through this kind of virtual situation.

Q: So now that many students who were employed and had their medical through their jobs, can they rely on the Student Health Center?

A: You could always rely on the Health Center, so even if you had insurance from an employer that doesn't prevent you from receiving services at the Health Center. You always have the Health Center choice. As long as you're a registered student, you have that choice. If you're not feeling well, there are health care providers that will Zoom with you and do a virtual appointment.

Q: When do you think students will be able to return to campus and how will it be different?

A: It's not going to be a light switch, everything will not go back to normal right away. You can shop at places like T.J. Maxxx, keep your distance, and wear a mask. When you're sitting in a classroom for an hour and a half with fifty other people in a small contained room, that's the most worrisome. That would have to happen later. Things will sort of open up in stages, but I can't tell you a timeline. I'm not a university authority. I have a feeling in the Fall. We have to think about liability, the university is very aware of putting students in harm's way, they're very cautious about that. That's why staff isn't on campus either. It's going to be gradual, when centers start opening up on campus they're going to ask only some staff to come back and work on campus, but separated. One person in this office, another person over there. Or staggered, some Monday/Wednesday/Friday and others Tuesday/Thursday. So it will be part time tele-commute and part time physical and then it's just going to build from there.

Q: How do you think this pandemic will affect campus and the Health Center in the future?

A: I think in many ways the center may incorporate on a big level this whole virtual thing, like students who have busy schedules or that are rarely on campus. Students sometimes don't use these services because they don't have time and they still pay for it. With the virtual appointments set up, at whatever time you're home or get out of work and you don't have to go back all the way to campus, you can arrange virtual appointments. The Health Center will still be open and will provide virtual appointments if that's more convenient for you. I see more of like the tele-zoom or that kind of thing. We're just going to move forward forever with that. It will be a virtual option for students. This is not going to go away, that's going to stay. Why take it away? But you can also still come in person to see a doctor, it's not like it's just going to be virtual. The virtual option is if it's more convenient for you.

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Q&A with the National Volleyball Assistant Head Coach of the Year, Danny Scott

APRIL 29, 2020 BY **ADRIANA BUENROSTRO** — [LEAVE A COMMENT](#)

There is no doubt that the CSUSB women's volleyball team has put the school on the map at a national level for years to come. The women's team holds 14 CCAA championships, 8 West Regional championships, and just finished their best season in school history, going 33-0 and winning the national championship.



National championship photo

How does a team follow such a perfect record when their entire Spring season, and possibly preseason, is cancelled due to COVID-19? Danny Scott has been a key factor on the program's success for the past 16 seasons. The 2019 National Assistant Head Coach of the Year gives us his insights on where to go from this point and how to continue to hold that national champion mentality.

Q: Coming off of such a great season, what were some of the goals you guys had in mind for Spring 2020?

A: Some of our objectives were to continue developing the rest of the team and get great competition to prepare us for next year. We were really looking forward to facing high level of play such as ASU, USC and CSULB.

Q: How do you keep a team that just came off the best season in school history motivated? (Pre virus)

A: I think we can appreciate what we did. As girls get older, they realize it's their last chance and want to do it again. Others take this as an opportunity to get a bigger role as

seniors leave. Everyone has a different level of what motivates them, but in terms of our team, I don't see motivation as a problem considering we all saw how great it was. Let's do it again!

Q: With all the years of coaching behind you and now winning the national championship and being named the national assistant coach of the year, how do you stay motivated for your players?

A: Every year is a new journey, that's what makes my profession so wonderful. It's never the same thing, you deal with different people and because we are so connected there are always different variables such as new players and new opponents. Obviously you have projections of what you think will happen, but the unknown is what motivates you and what makes it really enjoyable as you become more successful.

Q: Before COVID-19 got more serious, what was your initial thought on how it could possibly affect your team if you had any?

A: I certainly didn't foresee it being at the level of where it is now; where everything is nearly shut down. It's not something that's just a local or a state issue. This is a problem around the world which is something I would never even think of. I had an idea of things getting suspended for a little bit, but I didn't expect to be completely shut out of the spring, at least not initially.

Q: What was your game plan when the stay at home order was placed and all classes were moved online, giving you and the rest of the coaching staff no contact with your players?

A: There was no plan in terms of long term. It was more about adaptation. Just like everyone with the academics, everyone had to adapt to the environment that we are now placed in. Obviously there's not much we can do but to make sure we are staying on track with our academics, there has been contact with our athletic trainer and trying to monitor the team's fitness level. We've made plans that have been taken away and we are still waiting on answers as to what we can plan for when fall comes around.

Q: How do you keep your team accountable for staying on track and in shape during this time?

A: It's tough, because we are really not allowed to. We can offer opportunities, we can send out information, but we are not allowed to force you to report back. Hopefully we installed a culture enough that everyone feels that it is an important piece of the puzzle and the future.



Photo from the CSUSB Zenfoilo volleyball championship match album

Q: Since the Spring season got canceled, will your training strategy and format change to make up for the lost time?

A: It will certainly change somewhat, I don't think there is anything that will make up for lost time in the spring. I think there is a possibility that maybe the transfer kids might have had some further progress, if spring wasn't canceled, versus the incoming freshman. I have no doubt in my mind that we will be re-educating everyone.

Q: Do you think there will be new cleaning precautions with all the shared Gatorade bottles and volleyballs?

A: Absolutely, there will be tons of changes in that regard. Everyone will have their own bottle. I think everyone will be way more cautious of keeping their hands clean, touching the chairs and sitting down. Perfect example, we are a sport that changes sides in between sets. It wouldn't surprise me if everyone is wiping down the benches with disinfectant in between.

Q :How do you feel about the possibility of the fall season being shortened? Do you see less games/less traveling during this season?

A: I do think it's a possibility. I know they are discussing that. I don't like it, but I understand and, if that's how it has to be, then I'm all for it as long as we get to play. I know everyone wants to get back out there.

Q: How do you keep the team moral and passionate with the possibility of no spectators now coming to the game?

A: That is a bridge we will cross should it come up, we don't know if that's going to happen. If it does, people play cause they want to play, I don't think it will impact their motivation to play or win. I think as athletes we get involved with the sport not for the show. We like it. It's there, but it's not the biggest factor. It would be a bummer. It's such a great environment in sports and people enjoy watching and that's why it's such a big part of our culture.

Q: How do you feel about the possibility of all sporting events being banned until 2021?

A: That would suck. I think sports are such a huge part of American culture. So many people enjoy watching it, it generates a ton of revenue, commercially, and just giving people a reason to go out. I hope that's not the case, but it wouldn't surprise me if that gets put into place. I think as testing gets better and better it will start with professional sports where they will play with no crowds or in a non attended venue. I think the country will really need it and would want to be able to at least watch it live.

Q: If the coming season is canceled because of COVID-19 where does that leave your senior class or the incoming freshman class of 2021?

A: I think what would end up happening is that they would get an extra year of eligibility back, at least that's what happened this season to the spring sports, so it wouldn't surprise me if that continues if it has been set by the NCAA. I think we are fortunate enough that we play in the fall. If girls are given another year of eligibility, it's a little easier to stay for an additional semester as opposed to being in the spring where they may just want to be done, but people won't lose their year of eligibility. As for the incoming freshman of 2021, if it comes down the road, every individual athletic department will

have to look at the maximum scholarship dollars they can spend and what's allowable. That would be a question that also involves if the seniors will stick around and play and are there any other allowances from the NCAA to give more scholarship money given the circumstances.

Scott also made a last comment for this Q&A. He said, "We are fortunate enough to have this crisis happen when it did, rather than three months before nationals. It makes us even more appreciative of what we accomplished considering how close we would've been to not having that opportunity, like what the winter sports had to deal with."

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