

# OCSU

APRIL BI-WEEKLY NEWSLETTER

THRIVE INSTEAD OF SURVIVE

## COVID-19

### *OCSU UPDATES*

OCSU is, as always, committed to providing valuable services and resources to our members.

Currently all OCSU offices are still closed and will continue to be for the foreseeable future. You can contact us at [info@ocsu.ca](mailto:info@ocsu.ca).

Please follow along our social media pages for updates on services and giveaways to help you during this time.

### *OC UPDATES*

- Withdrawing from classes was extended until 21 days after students receive their final grade.
- All exams will be done virtually and the existing exam schedule will be honoured.
- June Convocations are being postponed until later this year.
- College will offer two summer sessions as well as planned distance ed courses.
- Access to facilities and campuses are still restricted at this time.

Visit [okanagan.bc.ca](http://okanagan.bc.ca) for more details

### *MENTAL HEALTH CHECK LIST*

Have you eaten regular meals?



Have you showered?

Are you getting enough sleep?



Have you spent time outside?

Have you connected with someone you love?



Have you moved your body today?

## *EXAM TIME*

Exams are upon us once again, although this year things are looking quite a bit different than they have in the past.

All exams are being held virtually and the exam schedule will be the same as announced earlier this semester.

What are you doing to prep for your exams? Here are a few tips for taking an online exam.

Keep your eye on the clock.

First, write short-answer or essay questions in a word processing program.

Don't leave the test page!

Technical problems? Don't Panic! Contact your instructor!

Check and double check before submission.

Make sure you submit!

OCSU JUST  
ANNOUNCED  
\$15,000 IN  
FUNDING FOR  
STUDENTS IN NEED

# OCSU EMERGENCY BURSARY SUPPORT

## *WAYS TO THRIVE WHILE STUCK AT HOME DURING THE PANDEMIC*

- **Find a TV series to get into** - like, really into. Emotionally invest, you want drama, plot twists, hard-hitting situations, you want to be able to live through these people while you are stuck at home!
- **Read a book** - There are millions of books to read and thank god for the internet, you can access libraries collections online! Get reading!
- **Embrace a home workout** - Even if you're not a regular gym-goer, to stay sane, find something: take the dog on a long walk, take yourself for a long walk, do some daily planking, use a gallon of milk for dumbbell.
- **Download a dating app** - Enter a dating app. Someone will say yes to you, and that push

- notification offers a stark reminder that, hey, you're alright. Even better if it's one without swipes, meaning someone found you attractive enough to like or even comment on your profile. And what if you actually meet them one day, and it works out? How good a story would that be?!
- **Call your parents** - Or grandparents. Or a college roommate across the country. But talk to someone. You can even do this from a selfish perspective, asking your mom how her day was if you don't really care and are just anxious for a loving voice. Plus, with nobody actually too busy to get back to you right now, it's a good experiment to find out who your real friends are.
- **Don't be an asshole** - Ultimately, yes, you'll ignore some advice, and yes, you'll have to break social distancing parameters, whether getting groceries or mailing something. But don't be selfish about it. Stay away from crowds, no hosting parties, recognize your at-risk surroundings

CONNECT WITH US

WWW.OCSU.CA



Important Links Below: