

MPCC STUDENT LIFE PRESENTS:

**Advice to College Students  
in the Day and Age of  
Coronavirus (COVID-19)**



MID-PLAINS COMMUNITY COLLEGE



# DEAR MPCC STUDENT

By now, most of you have made the transition from our traditional Mid-Plains college experience of a couple of weeks ago to the “new” normal. It will be normal to not be on campus for a while, not be able to have physical interaction with your instructor, classmates and even friends, and not be able to do things you enjoy doing. Please wash your hands often, stay at least six feet away from others, not be with groups of ten or more, and watch out for the signs of the virus: fever, cough, and breathing difficulties.

**We in Student Life also look forward to being with you again. In the meantime, please consider the following recommendations:**

**TAKE CARE OF  
YOUR MENTAL  
HEALTH by  
Talking To  
Someone if You  
Have Any of  
the Following  
Feelings**

## Be Aware of:

- Fear
- Sadness
- Anxiety
- Insomnia
- Confusion
- Anger
- Post-traumatic Stress Symptoms
- Depressive Symptoms
- Low Mood
- Stress
- Emotional Disturbance
- Irritability
- Emotional Exhaustion





# IF IN NEED OF HELP USE MPCC RESOURCES

**Area Dean of Student Life: Dr. Brian Obert**

(308) 345-8109 [obertb@mpcc.edu](mailto:obertb@mpcc.edu)

(McCook, Imperial, Ogallala)

**Area Associate Dean of Students Life: Dr. Pat Beu**

(308) 221-6452 [beup@mpcc.edu](mailto:beup@mpcc.edu)

(North Platte, Broken Bow, Valentine)

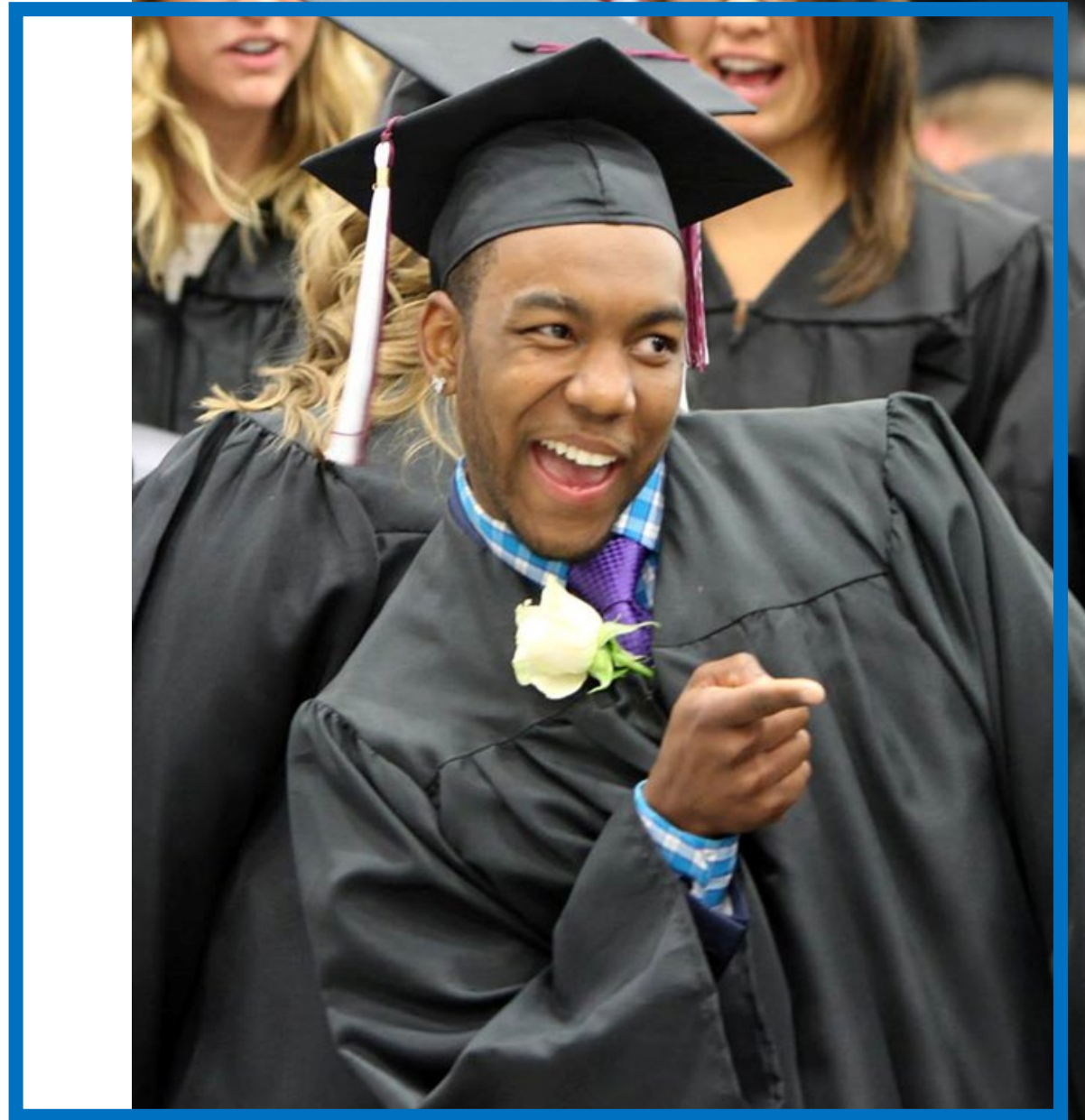
**MPCC Counseling Services**

Jenee' Hill, North Platte Counselor, 308.532.5565 ext. 1

Lindsay McConville, McCook Counselor, 308.345.4067

# SET FOR YOURSELF GOALS

- What do I want to get done today?
- What do I need to get accomplished this week?
- What resources or help do I need to be a successful student?



# ESTABLISH ROUTINES

- **Get-up!** (The old normal was to sleep in on a day off. Now you will be wasting precious time.)
- **Shower and dress** (No pajamas)
- **Structure Study Times** (Do not procrastinate!)
- **Take care of your body**
- **Take deep breaths, stretch, or meditate**
- **Eat healthy, well-balanced meals** (minimal junk food)
- **Avoid alcohol and drugs**
- **Exercise-go for a walk, jog, walk the dog, online workouts, go hiking**
- **Sleep 7 hours or more a night**
- **Stay busy**



- Do more than schoolwork
- Do more than binge watch television or video gaming
- Read a book
- Put together a puzzle
- Work on a hobby
- Write a letter or in a journal

## **COMBAT FRUSTRATION & BOREDOM BY MIXING IT UP**

# COMMUNICATE

- Stay in touch with classmates
- Reach out to your advisor or program chair regarding next semester's classes
- Check in with friends or family daily
- Try to support others; reassure a stressed-out friend







- Know what is happening in your community and nation, but...
- Limit news and media reports, or fixating on news stories, including social media. Hearing about the pandemic repeatedly can be stressful and upsetting

**STAY INFORMED  
(BUT NOT  
OVERINFORMED)**

**REMEMBER  
THE  
“BIG PICTURE”**

- This is a temporary situation
- Staying in isolation limits exposure to infection from the Covid-19 virus
- Limiting human to human contact “flattens the curve” which slows the spread of the illness



# IN MEANTIME, WE LOOK FORWARD TO BEING WITH YOU IN THE FALL!



North Platte Community College



McCook Community College