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Tiger Daily: May 7, 2020

Fort Hays State University

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From: Tiger Daily
Sent: Thursday, May 7, 2020 10:43 AM
To: Tiger Daily <TigerDaily@fhsu.edu>
Subject: Tiger Daily [May 7, 2020]



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EVENTS

THIS WEEK/WEEKEND

- [Lunch 'n' Learn - Taking a Mindful Minute: Mindfulness Strategies to Manage Stress - TODAY; 11:30am to 12:30pm](#)
- [Virtual Times Talk: Tips to Best Manage Food During the Stay-at-Home-Challenge - TODAY; 12:30pm to 1:30pm](#)
- [Workshop by Kane Smego - TODAY; 4:00pm](#)
- [World Red Cross Day - TOMORROW; 1:30pm to 3:30pm](#)

FUTURE EVENTS

- [Gain Control of Your Workday: Managing Self, Priorities, and Time - May 13; 9:00am to 12:00pm](#)
- [Lunch 'n' Learn - Hays Strong: Keeping Our Community Moving Forward - May 14; 11:30am to 12:30pm](#)

- [Z-Course Boot Camp: 1.5 day Workshop to Adopt and Create Zero Cost Course Materials](#) - May 18; 1:00pm to 4:30pm and May 19; 9:00am to 4:30pm
- [Supervising Virtually \(Online Workshop\)](#) - May 27

SHARE WITH STUDENTS

- [Complete Count 2020](#)
- [Student Engagement Office Hours](#)
- [New Class Offers FHSU Students Opportunity to Try Out the Military Experience](#)
- [Recipe for Success: Art 360](#)

ANNOUNCEMENTS

COVID-19 Updates

The Office of Strategic Communications has developed a website with information regarding FHSU's response to the coronavirus pandemic. This includes FAQ's for faculty, staff, students and university stakeholders, a record of university updates, as well as recommendations and resources for health and wellness. Please see the website: <https://www.fhsu.edu/covid-19-response>

TILT Tip: Three Principles of Using Videos in Your Online Courses. Principle 2. Select the Appropriate Tools to Create Your Videos

TILT Tip: Interested in creating video and don't where to start? First, search educational resources and see if there are existing videos you can use. If you decide to create your own video, consider the various styles of video and which is best suited to your purpose: You can use a conversation style, showing someone explaining concepts or discussing topics; you can use a demonstration style recording yourself illustrating a lesson; or you can use a screenshare and record yourself talking over slides. Need help? Contact TILT!

Calendar: Upcoming Professional Development Opportunities

Check out upcoming professional development opportunities! The TILT TigerLearn event calendar is your go-to for professional development at FHSU! Check it out here: <http://tigerlearn.fhsu.edu/events/>.

To provide faculty and staff with one easy place to see all professional development at FHSU, we're happy to include your event on the TigerLearn calendar. We can include links to your registration site, contact persons for questions, etc. Just contact TILT-FacultyDev@fhsu.edu, and we'll add your event right away!

Tiger Food Pantry

FHSU Food and Hunger Initiatives

The Tiger Food Pantry is currently located in the Meadowlark Room of the Memorial Union, and is accessible from 8:30am-10:30am MWF. If you are interested in donating food items please contact Bob Duffy through email at Rduffy@fhsu.edu.

Academic Advising Training CANCELLED; Webinars Will Continue As Scheduled

The Academic Advising and Career Exploration Center offers certificates for academic advisors each semester.

In response to FHSU's COVID-19 response, the AACE Center has decided to cancel the Career Advising Certificate training sessions for the spring semester. The AACE Center believes that advisors play a significant role in the support of our students while they are transitioning during these unprecedented times.

The AACE Center remains committed to providing professional development to advisors. This summer trainings will resume with priority being the Advising Technology Certificate.

NACADA Webinars (delivery mode change)

The Academic Advising and Career Exploration Center and Office of Student Affairs will be providing access to the following webinars from NACADA: The Global Community for Academic Advising thanks to the generosity of the Office of Student Affairs. These webinars are open to faculty and staff. Links to the recorded webinar and handouts will be emailed within two weeks after the broadcast date to those that have RSVP'd, along with date the link expires.

Wednesday, April 15, 2020 - **Academic Advising for Social Justice: Theory, Reflection, and Practice**

Thursday, May 21, 2020 - **Blunt Empathy: Skills and Techniques for Delivering Unwanted News in Academic Advising Situations**

RSVP: Please let us know if you are planning to attend by replying to advising@fhsu.edu. We will send you a calendar entry that you will need to "Accept and Send the Response Now". This will allow us to provide appropriate access and handouts for each session.

Questions should be directed to advising@fhsu.edu.

Together, Hays – FREE Mental/Physical Health Zoom Series

The FHSU Kelly Center would like to invite our Tiger family and the Hays community to attend our FREE six-week Zoom series. This series will focus on your mental and physical health during this time of the coronavirus pandemic. They will be hosted by FHSU and local healthcare professionals Wednesdays from 12-12:15pm, April 15th through May 20th. One registration will allow you access to all events. To register please visit: https://zoom.us/meeting/register/vpAvc-GoqDMq86o_R45a5sSXRpoSlqICGA?fbclid=IwAR2QAU2An8Zn4WKCA9LgTziG2doUToP-qbBqSqtJdke2tZfUonPV0gj7Qwg

Questions can be directed to sespurlock@fhsu.edu

Adopt A Grandparent

April through May: Befriend a resident from the Brookdale Hays assisted living facility by facetimeing them once a week! Email your number and availability to service@fhsu.edu to join in with serving our Hays community while we are at home.

Online Resources for Those Struggling with Addictions

The Drug and Alcohol Wellness Network (DAWN) would like to share the following resources for those struggling with addictions:

ONLINE GROUPS AND RESOURCES

AA Kansas Groups Online: <https://ks-aa.org/meeting/online-remote/>

AA National Groups Online: <http://aa-intergroup.org/index.php>

NA Meetings Online: <http://pszfna.org/>

Smart Recovery Groups Online: <https://www.smartrecovery.org/community/>

SAMHSA's National Helpline: <https://www.samhsa.gov/find-help/national-helpline>

If you need assistance with addiction issues, please [contact the Kelly Center](#) or a [local mental health service provider](#).

Links to other resources are also available on our [helpful links page](#).

Contribute to the Forsyth Library COVID-19 Archive

Submit materials: <https://bit.ly/COVIDarchive>

Forsyth Library is collecting COVID-19 stories from the FHSU and Ellis County Community to capture and preserve primary resource materials for the University Archives. These stories will be made available for historical and research purposes, exhibits, and public dissemination.

Submit Your Story

Submit text, photographs, journal and diary entries, and other digital evidence by using the project's submission form (<https://bit.ly/COVIDarchive>) or by emailing forsythsc@fhsu.edu. Share stories and materials that demonstrate how the COVID-19 pandemic has affected individuals, organizations, and the community, potentially relating to the stay at home order, social distancing, self-quarantine, delivery of online education, working remotely, and so forth.

Has Your Department/Organization Already Collected COVID-19 Stories?

If your department or university organization has already been gathering COVID-19 stories and would like to submit them to the University Archives for preservation please contact Special Collections Librarian and University Archivist, Amber Watts, at forsythsc@fhsu.edu.

Bigcat.fhsu.edu Decommissioning in August!

Technology Services is decommissioning the old production webserver, also known as Bigcat (bigcat.fhsu.edu). Most of the content on Bigcat is no longer used, however, we believe some content is still active and in use. If you are still actively using, updating, or linking to content on this server, you must reach out to [Earl Ruder](#) in University Relations and Marketing to have this content migrated as soon as possible.

Effective on **Friday May 29th**, the content will be frozen and no updates will be allowed on bigcat.fhsu.edu.

On **Monday, August 10th**, all remaining content will be archived and the server will be decommissioned. Requests for archived content to be migrated after August 10th can be directed to Earl Ruder.

If you have any questions or concerns, please reach out to Earl at earl.ruder@fhsu.edu or by phone at (628)-4070.

Annual Mathematics and Computer Science Newsletter Online

The FHSU Departments of Mathematics and Computer Science newsletter is now posted on our webpage. Please click the link to read the 2020 Departments of Mathematics and Computer Science annual newsletter.

www.fhsu.edu/mac/Newsletters/

Inside the Department of Mathematics annual newsletter is exciting news and happenings from the past year for Math and Computer Science!

As you read this year's newsletter, we hope you enjoy finding out what happened this past year in our departments, as well as hearing from our current and past students!

If you have any comments, please reply to myself (bunruh@fhsu.edu) or Dr. Lanee Young (lyoung@fhsu.edu)!

*Bev Unruh
Office Administrator
Department of Mathematics*

Hobbies for Tigers

In an effort to continue student engagement and learning during these unique times, the Department of Campus Intramurals and Recreational Sports is looking for individuals who would like to share their hobbies or interests with our students. We are hoping to put together a program for the Fort Hays State University community known as Hobbies for Tigers. This program will consist of an individual with a hobby or skill that he or she would like to share with our community by recording a tutorial via vidgrid or another platform. For example, some ideas that have been suggested include fly-tying and crocheting. If you would be interested in providing an activity and training component for our students please contact Ron Haag, Director at rhaag@fhsu.edu or Jordan Barrett, Assistant Director at jrbarrett3@fhsu.edu.

Spring Convocation

Please join us for our traditional end-of semester Spring Convocation in a non-traditional format, a Facebook LIVE EVENT on Friday, May 8 at 3:30 pm.

You can watch this event at the FHSU Facebook page: <https://www.facebook.com/forthaysstate/>

As a part of this live event, the following awards will be presented and the awardees will be joining this event.

Torch Award
Pilot Award
Lighthouse Award
Graduate School Outstanding Advisor Award
Outstanding Cross-Border Faculty
Spring 2020 Outstanding Teaching Award
Spring 2020 Outstanding Research & Scholarly Activity Award
Spring 2020 Outstanding Service Award

President Mason's convocation presentation will be posted on the FHSU website president's page early Friday morning.

Hope you can join us!

Event Submissions for 40 Days at the Fort

Student Engagement is now accepting event submissions for the **40 Days at the Fort** program for new and returning students. In the past, we focused on 1st year students (previously called First 40 days). This program currently is focused on engaging all students.

Student organizations, offices, & departments need to register any events happening between August 19 - October 3, 2020 (which includes Homecoming 2020) on Tiger Link by Friday, May 29 at 12 p.m. to be part of the program. These could include socials, meetings, events, community service projects, membership drives, open houses, etc.

In order for students to understand the focus of the program or event, we are asking for events to be categorized into 1 of 6 following themes:

- Academic
- Leadership & Service
- Social & Community Building
- Personal Development
- Diversity & Cultural
- Tiger Traditions

You can view last year's event schedule online at <http://www.fhsu.edu/fye/welcome-programs/>.

Organizations, offices, & departments hosting events during the 40 Days at the Fort program will need to register their event through Tiger Link by Friday, May 29 at 12 p.m.! Each sponsoring group will be responsible for making reservations for their event by contacting the memorial union fhsuunion@fhsu.edu or appropriate offices around campus where you would like to host your event.

We hope your organization or area will consider submitting at least 1 event (if not more) for Fall 2020. If you have a recurring meeting, we will include only the first meeting as a part of the 40 Days at the Fort and will note this time is recurring. If you have any questions or would like additional information, please feel free to contact us.

Thank you!

Tina Wolbert, Assistant Director for Student Engagement
(tbwolbert@fhsu.edu)

Virtual Visits for Prospective Students

The Office of Admissions is pleased to offer Virtual Visits for prospective students to learn about FHSU! Students will meet via phone or video chat with an Admissions Counselor, as well as a faculty member in the academic department of their choice. We are taking visit requests now on our [Campus Visit](#) web page.

If you have any questions, please contact Carolyn Tatro, Senior Admissions Counselor, at x5667 or catatro@fhsu.edu

2020 Back to School Picnic Registration is Open!

The Back to School Picnic is scheduled for Monday, August 17, 2020 from 4:30-6:30 p.m. on the Quad. The picnic is a great opportunity to raise awareness for your department and the services you provide. Student Engagement would like to invite all university departments and initiatives to participate in this hallmark event. For more information, including picnic guidelines, please visit <https://www.fhsu.edu/engage/picnic/index>.

Any group who wishes to participate in the Back to School Picnic should submit table requests through the registration form on TigerLink by [CLICKING HERE](#). For student organizations, university departments, and other campus entities there is no cost to register; businesses and individuals may participate at the cost of \$50 per table. After submitting the form, you will receive a confirmation notice that your registration has been received.

If the link above does not work, please copy and paste this address into your web browser:
<https://tigerlink.fhsu.edu/submitter/form/start/407576>

The deadline to register for the 2020 Back to School Picnic is *Wednesday, August 12 by Noon*. All inquiries should be directed to Student Engagement at 785-628-4664 or at engage@fhsu.edu.

Annual Steam Shut Down Notice

The Energy Division / Power Plant have planned a steam shut down for the week of May 18 thru May 22, 2020.

Steam Shut Down is always the week following Commencement.

This annual shutdown is needed for multiple repairs in the University's steam and condensate distribution system, and is required for all annual cleaning, inspections and certifications of the Power Plant steam and condensate equipment.

Steam off to campus 10PM Sunday night (5/17/2020)

If all goes well: Steam will be back on to campus by 5:00 PM Friday depending on work schedule.

This is just a steam shutdown, that will affect only heating, domestic hot water and cooling if your building uses steam for that purpose. No other utility will be affected.

Buildings affected by this steam shut down:

Akers

Albertson

Center For Art & Design

Cunningham

Custer

Forsyth

Gross

Hammond

Malloy

Martin Allen

McCartney

McMindes

Memorial Union

Picken

Rarick

Sheridan
Stroup
Tomanek

Thank you all for your cooperation.

*Sincerely,
Roger Weigel*

World Migratory Bird Day

Celebrate World Migratory Bird Day (WMBD) with a science/art/writing/history project. Visit Cheyenne Bottoms and take time to observe what you see, hear, and smell. What kind of birds did you notice? Other wildlife? Families, tell the story of our wetland with art, photos, poetry, video, or another creative medium. Submit the piece to be shared virtually during the international WMBD LIVE event on May 9th. Visit <https://bit.ly/2YdCKnZ> for more information and to submit your project.

World Migratory Bird Day is a global event that celebrates the phenomenon of bird migrations and serves as a call to action to protect the birds we share. Environment for the Americas organizes WMBD in the Americas, connecting people to bird conservation from Canada to Argentina and the Caribbean. WMBD is officially celebrated on the second Saturday in May (May 9, 2020) and the second Saturday in October each year (October 11, 2020). This year, the world's largest migratory bird festival is going digital. Go to <https://www.birddaylive.com/> to see the activities and speakers scheduled from May 7-9. KWEC Program Specialist Mandy Kern will be giving a talk about Cheyenne Bottoms and the Kansas Wetlands Education Center at 1pm on Saturday May 9.

For more information about the Kansas Wetlands Education Center visit <http://wetlandscenter.fhsu.edu/>

EVENTS

Lunch 'n' Learn – Taking a Mindful Minute: Mindfulness Strategies to Manage Stress

Thursday, May 7; 11:30am-12:30pm

ONLINE - ZOOM

A 2012 study on mindfulness done by UCLA found that the practice can boost concentration, improve problem solving skills, and even heighten creativity. In addition to those benefits, mindfulness can aid in reducing stress. In this session, we will discuss various mindfulness strategies to help you give yourself a break throughout the busy workday, especially as we're adjusting to working from home and juggling a new set of circumstances. In addition, participants will be asked to consider new resources to manage feelings of stress. We will talk about various mindfulness practices including mindful breathing, a body scan, gratitude and appreciation, and how you can easily implement them. We'll also discuss various types of resources that will help you start (or continue) on your mindfulness journey!

Register: <https://hayschamber.com/events/virtual-lunch-learn-1>

Online training sessions are held via Zoom, a link to join will be sent to registrants prior to the event. If you have any questions or concerns about any of these events, contact **Hannah Hilker** at hehilker@fhsu.edu

Virtual Times Talk: Tips to Best Manage Food during the Stay-at-Home-Challenge

Thursday, May 7; 12:30-1:30pm

ONLINE - ZOOM

Join us for yet another virtual Times Talk on Zoom, as Drs. Bob Duffy, Brittany Howell and Gregory Weisenborn talk about the waste reduction, the truth of food dates, food insecurity, and food waste.

Register in advance for this meeting:

https://fhsu.zoom.us/meeting/register/tJAtde2rpzguE9AnlgigTdOon-q3lk9a8_CM

Workshop by Kane Smego

Thursday, May 7; 4:00pm

ONLINE - ZOOM

Workshop by Kane Smego focusing on promoting social-emotional wellness, exploring themes of identity and inclusion, while also building formal writing and public speaking skills. Those who participate should have access to paper and a writing utensil.

Zoom link can be accessed at the Tigerlink Event Page:

<https://tigerlink.fhsu.edu/actioncenter/organization/CSI/events/calendar/details/5708597>

For questions please email: diversity@fhsu.edu

World Red Cross Day

Friday, May 8; 1:30-3:30pm

ONLINE: ZOOM

World Red Cross is dedicated to the people who suffer from a shortage of food, several natural disasters, war, and even epidemic diseases. Join the Global Leadership Project in celebration for World Red Cross day, we will be hosting a live Zoom session with ways to celebrate World Red Cross day! The Global Leadership Project challenges you to do something for someone else who is in need in observance of this day.

Gain Control of Your Workday: Managing Self, Priorities, and Time

Wednesday, May 13; 9:00am-12:00pm

ONLINE - ZOOM

Your time is a precious resource to many; yourself, your family, your coworkers, and your boss. How can we plan to maximize our potential? When we consider the many infringements upon our day, including interruptions, excessively long meetings, shifting priorities, appointments, schedules, and deadlines, it's no wonder we struggle to get everything done. Being an effective manager of time involves being an effective manager of yourself and your most important priorities. Additionally, it involves determining your own person goals and which roles are most important to you. In this workshop, you'll get the chance to explore all that and more, including examining various strategies, systems, & processes to help you manage yourself, your priorities, and your time. This workshop features 4 hours of content to be delivered both asynchronously & synchronously via Zoom & Blackboard. More instructions given upon registration.

Register: <https://www.eventbrite.com/e/100984619716>

Online training sessions are held via Zoom, a link to join will be sent to registrants prior to the event. If you have any questions or concerns about any of these events, contact **Hannah Hilker** at hehilker@fhsu.edu

Lunch 'n' Learn – Hays Strong: Keeping Our Community Moving Forward

Thursday, May 14; 11:30am-12:30pm

ONLINE - ZOOM

Hays will be back open for business soon! Join Doug Williams, Grow Hays Executive Director, Sara Bloom, Downtown Hays Development Corporation Executive Director, Melissa Dixon, Hays Convention & Visitors Bureau Executive Director, and Sarah Wasinger, The Chamber President/CEO to have an in-depth conversation about how citizens can do their part to patronize local businesses to fuel our economy and keep our unemployment rates from escalating. In this discussion we will take a deep look into specific things families can do to positively impact local businesses.

Register: <https://hayschamber.com/events/virtual-lunch-learn-2>

Online training sessions are held via Zoom, a link to join will be sent to registrants prior to the event. If you have any questions or concerns about any of these events, contact **Hannah Hilker** at hehilker@fhsu.edu

Z-Course Boot Camp: 1.5 Day Workshop to Adopt and Create Zero Cost Course Materials

Monday, May 18; 1:00-4:30pm & Tuesday, May 19; 9:00am-4:30pm

ONLINE

Register: <https://forms.gle/NJVn62RtYVaMRto8A>

Join a multi-day workshop for faculty to learn practical tips for converting a course to use zero cost course materials:

- Create or adopt zero-cost course materials
- Learn best practices for project management, accessibility, copyright, and metadata when using zero-cost course materials
- Use tools to create new zero-cost course materials

Questions? Contact Claire Nickerson cenickerson@fhsu.edu

Supervising Virtually (Online Workshop)

*Wednesday, May 27

ONLINE – ZOOM & BLACKBOARD

Being a supervisor or manager at the beginning of March 2020 looks vastly different than it does in April 2020. Employers and managers are now no longer able to watch employees work, physically check quality, or call them into offices to discuss performance. While you are still expected to manage effectively, the way that you manage has likely changed considerably. In this MDC online training, we will be discussing the five effective supervisory skills, but using the lens of virtual or telecommuting to work. Basic principles remain the same; but the strategies, methods, or processes need to look different to adapt to today's unique challenges and circumstances. In addition to reviewing the five effective supervisory skills, we will also discuss strategies & ideas for making these skills more effective in a virtual environment.

**6 hours of content to be delivered both asynchronously & synchronously via Zoom & Blackboard. More instructions given upon registration. Registration is \$30/person.*

Register: <https://www.eventbrite.com/e/supervising-virtually-tickets-103276384446>

Online training sessions are held via Zoom, a link to join will be sent to registrants prior to the event. If you have any questions or concerns about any of these events, contact **Hannah Hilker** at hehilker@fhsu.edu

SHARE WITH STUDENTS

Complete Count 2020

Due to the COVID-19 pandemic going on, it is important to clarify where and how college students will be counted for the 2020 Census. The Census Bureau HQ published this video over the weekend detailing important information about what students should do when filling out the census.

https://www.youtube.com/watch?v=B4Ee8ol_LxY

Here is also the link to fill out the 2020 Census. <https://my2020census.gov/>

Student Engagement Office Hours

Student Engagement is offering students, and student organizations the opportunity to ‘stop by’ via Zoom every Wednesday from 10:30AM-12:30PM. You can come and go as you please! We want to hear how you are doing, help you brainstorm ideas for the remainder of the semester so you do not have to cancel all your events, and even plan for the next semester! It is an informal gathering, and we would love to see you! To get the link or ask any questions email engage@fhsu.edu.

New Class Offers FHSU Students Opportunity to Try Out the Military Experience

Have you ever wondered about life in the military? Are you looking for a different educational experience than the typical university course? If so, our new class, LDRS 120: Introduction to the Military as an Organization may be a great opportunity for you. This class will give you the chance to learn about different aspects of military life and skill sets associated with being a soldier. For more information contact Dr. Seth Kastle at sdkastle@fhsu.edu or Captain Craig McIntyre at Lonnie.c.mcintyre.mil@mail.mil.

Recipe for Success: Art 360

Need an upper division course that is hands on and a fun challenge? Art 360: Ceramics II, Throwing on the Potter’s Wheel starts with the basics of centering and moves through the forming of bowls, plates, cups into more complex forms as you build skills. Our theme, Recipe for Success encourages the potter to explore the relationship between food, recipes and ceramics to develop a class book full of captivating images of pottery filled with mouth-watering dishes and how to make them. The course meets from 4:30 - 7:20 pm Tuesday and Thursday in the beautiful new, light filled Ceramics Lab.

Faculty and staff are most welcome to enroll and join the fun. No prior experience in Ceramics is required, but if you have skills you can certainly use them. Majors from all areas are welcome. Focus and a sense of fun while getting your hands dirty makes this unique experience both relaxing and a shared community experience. For more information, contact Linda Ganstrom 785-342-3584 or lmganstrom@fhsu.edu

To submit an article for Tiger Daily, please create a **new** message and email it to tigerdaily@fhsu.edu before **10:00 a.m.** Items received after 10:00 a.m. will run the next business

day. Submissions will be accepted only from FHSU faculty, staff, and student organizations. **Submissions must include** a headline, body text, and contact information only. **Attachments, graphics and images will not be published (including signature line graphics)**, but links to web pages may be included. Submitter is responsible for quality of content, which will be copied/pasted directly. **Replies to this message will not be responded to. Please send any inquiries regarding a Tiger Daily article directly to the submitter.** Only one Tiger Daily message will be sent per day.