

5-21-2020

## **Tiger Daily: May 21, 2020**

Fort Hays State University

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**From:** Tiger Daily  
**Sent:** Thursday, May 21, 2020 10:00 AM  
**To:** Tiger Daily <TigerDaily@fhsu.edu>  
**Subject:** Tiger Daily [May 21, 2020]



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## EVENTS

### THIS WEEK/WEEKEND

- [Lunch 'n' Learn - The Power of Prevention: Optimize Your Health - TODAY; 11:30am to 12:30pm](#)
- [Writing Circle - TOMORROW; 4:00pm to 5:00pm](#)

### FUTURE EVENTS

- [Leading With Strengths Through COVID-19 - May 27; 9:00am to 9:45am](#)
- [Supervising Virtually \(Online Workshop\) - May 28](#)
- [Lunch 'n' Learn - I've Hired an Intern. Now What?! - May 28; 11:30am to 12:30pm](#)

## SHARE WITH STUDENTS

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- [New Class Offers FHSU Students Opportunity to Try Out the Military Experience](#)
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## ANNOUNCEMENTS

**\*\*Upcoming Technical Training Opportunities\*\***

Have questions on how to use applications such as Zoom, Teams, Outlook, Accession, or CommPortal while working remotely?

Please visit the [Technical Training Website](#) for upcoming virtual training opportunities.

## 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: The Importance of Saying Goodbye to Your Students This Semester

This semester, saying goodbye to your students in an intentional way is more important than ever. Check out this article for some ideas on how to tell your students goodbye with intention and closure, and help them feel more positively about all they've

accomplished: [https://www.facultyfocus.com/articles/effective-teaching-strategies/the-importance-of-saying-goodbye-to-your-students-in-times-of-uncertainty/?st=FFdaily;s=FF200506;utm\\_term=FF200506](https://www.facultyfocus.com/articles/effective-teaching-strategies/the-importance-of-saying-goodbye-to-your-students-in-times-of-uncertainty/?st=FFdaily;s=FF200506;utm_term=FF200506)

## 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](mailto: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](mailto: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](mailto: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](mailto:advising@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](mailto: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](#).

### **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 29<sup>th</sup>**, the content will be frozen and no updates will be allowed on [bigcat.fhsu.edu](http://bigcat.fhsu.edu).

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

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

## 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](mailto:rhaag@fhsu.edu) or Jordan Barrett, Assistant Director at [jrbarrett3@fhsu.edu](mailto:jrbarrett3@fhsu.edu).

## 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 1<sup>st</sup> 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](mailto: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](mailto: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](mailto: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](mailto: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*

## **Psychological First Aid: Supporting Yourself and Others During COVID-19 Online Training**

The COVID-19 Pandemic is challenging individuals and families in new ways. As such, psychological first aid is needed by individuals and families. The Red Cross offers a Psychological First Aid: Supporting Yourself and Others During COVID-19 online only training designed to help individuals build resilience and support themselves and lend support to others during and following the COVID-19 outbreak.

In conjunction with the American Red Cross, Carbon Core Fitness offers the *American Red Cross Psychological First Aid: Supporting Yourself and Others During COVID-19 Online Training* to help people through the COVID-19 crisis. This is a complimentary **1-hour training**. Participants who sign up will receive an email link to sign into the course. After participants complete the course, they receive an American Red Cross certificate of completion.

**This course consists of Seven Units (43 slides and a post quiz):**

**FAQs:**

Q. What audience is this class intended for?

A. This online course is designed for anyone interested in psychological health during COVID-19.

Q. What topics does this course cover?

A. The topics covered in the course include:

- Recognizing Stress in Adults, Teens and Children
- Practicing Psychological First Aid
- Caring for Yourself
- Supporting Your Family
- Supporting Yourself and Coworkers at Work

**Register Here:** <https://forms.gle/H2G7A3cijjj2B2ma7>

For more information: This is an asynchronous online training. If you have questions contact **Dr. Abeni El-Amin**, [aelamin@fhsu.edu](mailto:aelamin@fhsu.edu) (FHSU, Carbon Core Fitness, American Red Cross Instructor Trainer)

## EVENTS

### Lunch ‘n’ Learn – The Power of Prevention: Optimize Your Health

Thursday, May 21; 11:30am-12:30pm

ONLINE

Optimal health is incredibly important, especially considering the pandemic era in which we now live. Consider this: investing in your wellness now will cost you MUCH less than paying for your illness later. As the CDC reports, more than 75% of America’s health spending is on people suffering with chronic conditions – which are the leading causes of death and disability. In fact, each year, 7 out of 10 deaths in the United States are from chronic diseases. While these statistics seem startling, there are small improvements you can make to improve your health and happiness. There are factors that will have an impact on your health: movement/physical activity, sleep, nutrition and stress management. In addition to discussing each of these topics, we will also discuss easy ideas to help you start making lifestyle changes for improved health and a better life.

Register: <https://hayschamber.com/events/virtual-lunch-learn-4>

### Writing Circle

Friday, May 22; 4:00-5:00pm

ONLINE - ZOOM

Looking for a supportive, encouraging space for your writing projects? Join the Writing Circle **ONLINE** every other Friday during the summer. Bring your creative writing, poetry, fiction, creative non-fiction, and other works to share.

Participate in the Writing Circle from your phone, computer, or other device by visiting this [Zoom link](#) at the designated time.

Having trouble? Try these troubleshooting tips:

- If you need additional options for joining the Zoom meeting, contact [cenickerson@fhsu.edu](mailto:cenickerson@fhsu.edu).
- If you aren't familiar with Zoom, visit the test meeting room beforehand to ensure everything is working properly: <https://zoom.us/test>.
- Be sure to check your [local time zone](#).
- For other technology issues, contact [Tiger Tech](#) for more support.

The Writing Circle is sponsored by Forsyth Library and the Writing Center.

## Leading With Strengths Through COVID-19

Wednesday, May 27; 9:00-9:45am

ONLINE

With Gov. Kelly's lifting of the Stay At Home Order, it seems that the light at the end of the tunnel is finally starting to appear. That said, our return to 'normal' will still take thoughtful consideration & planning; in fact, things in the workplace and at home may never be normal again. How do we attempt to rebuild our 'normal' lives? The MDC, based on several requests for MORE Strengths-based webinars, developed this new 45-minute session in response. In this mini-training, we will talk about the path of least resistance, using your Strengths to create hope, & implementing Gallup's Goals/Energy/Ideas framework, all of which will ultimately lead you THROUGH the end of the tunnel and out the other side.

*\*In order to participate in this session, participants need to have taken the CliftonStrengths Assessment and have their "Top 5" results.*

Register: <https://www.eventbrite.com/e/leading-with-strengths-through-covid-19-tickets-104562400956>

## Supervising Virtually (Online Workshop)

\*Thursday, May 28

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](mailto:hehilker@fhsu.edu)

## Lunch 'n' Learn – I've Hired an Intern. Now What?!

Thursday, May 28; 11:30am-12:30pm

ONLINE

Well-run internships provide positive experiences for both the hiring business and the hired student. However, a poorly run internship can cause distress, loss of confidence, and even lost money. We don't want you to kick off your summer internship program on the wrong foot! Dr. Stacey Smith, Applied Business Studies at FHSU will take you through internships 101 with the Virtual Lunch and Learn, "I've Hired an Intern. Now What?!" Dr. Smith will discuss what an intern is, what types of skills you can teach your newly hired intern from both an academic and business perspective, and finally, give various examples of what a successful internship should look like.

Register: <https://hayschamber.com/events/virtual-lunch-learn-3>

## 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](https://www.youtube.com/watch?v=B4Ee8ol_LxY)

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

### 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](mailto:sdkastle@fhsu.edu) or Captain Craig McIntyre at [Lonnie.c.mcintyre.mil@mail.mil](mailto: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](mailto:lmganstrom@fhsu.edu)

### IDS Course Added to Summer and Fall 2020 Schedules

**IDS 326, *Literature & the Environment***, is now available to students for summer or fall enrollments.

This course introduces revered environmental authors of the past and present, explores the threatened balance between humankind and the natural world, and asks the question, "How can we reclaim our planet and protect and preserve our fragile ecosystems?"

The "How" begins with each of us.

Please consider adding ***Literature & the Environment*** to your summer or fall class schedule.

For more information contact Linda Smith at [lsmith@fhsu.edu](mailto:lsmith@fhsu.edu).

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To submit an article for Tiger Daily, please create a **new** message and email it to [tigerdaily@fhsu.edu](mailto: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.