

FYE EXPRESS

Issue #8 April 10, 2020



FYE Misses you...

No one could have imagined that we would be concluding our Spring semester virtually. It is important, at this time, to continue to focus on your studies as well and keep you and your families safe. The First Year Experience is still available to assist with questions pertaining to your midterm grades or other questions that you may have. #SocialDistancing #AloneTogether

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A blue square containing the letters "FYE" in a gold, cursive script font. The letters are surrounded by a circular pattern of small gold dots.



Importance of Ramadan:

Ramadan is one of the most awaited months in the Muslim community. It is the ninth month of the Islamic lunar calendar in which Muslims from all over the world abstain from all food, drink, and other physical needs during the daylight hours. Fasting is intended to educate the Muslim in spirituality, humility and patience. It is a time to cleanse the soul, get rid of bad habits, focus attention on God, and put into practice selflessness. During Ramadan Muslims engage in prayer, read the Holy Quran, and give in charity to those less fortunate. Some non-Muslims will also participate in solidarity with the Islamic community. It is a time of peace, love, self-reflection, and self-improvement. This year, Ramadan is expected to be April 23rd, 2020 and end May 23rd, 2020.

Brain teaser of the week



What do the letter T and an island have in common?

(answer on page 3)

3 TIPS TO HELP YOU STUDY FROM HOME

✓ **Create a Study Area & Keep it Tidy** Although you may be competing with others in your household, try to mark out a workspace. Even if this is temporary each time you use it, place some physical objects around you to customize it. Make it comfortable & set boundaries with others. If your study space is now the kitchen table, try to get an agreement that it is yours alone for a set time period. It's hard to be disciplined to work at home, and even harder if the place is cluttered. "If you have piles of dishes or laundry around you it can be difficult to focus.

✓ **Keep Socializing** Although you may miss campus and socializing in person, reaching out and connecting with staff and other students can maintain a sense of community. Use the online systems to maintain social contact.

✓ **Manage Your Time & Plan Your Day** Recognize that different tasks require different levels of concentration. Watching a video can be easier than reading a complex text and taking notes. Divide your work into manageable time slots and take proper breaks. The fact that you can put off watching recorded lectures until later can be dangerous. Make sure you devote your full attention to the recording – don't squeeze it in while eating or listening to music.

Pass/Fail Grading Option (modified)



Students will have the option to choose a pass/fail (P/F) grade in each class. Students wanting the pass/fail option must make that choice by the last week of the spring semester classes, between May 4th and 12th. The deadline to request a pass/fail grade is May 12th, 2020.

- Any student who does not choose a Pass/Fail grade option will be assigned the letter grade earned: A-F as detailed in the course syllabus.
- A Pass (P) grade will be aligned to final scores of 100 to 70. A fail (F) grade is a score of 69 and below.
- Students on academic probation who elect to receive pass/fail grades will continue probation to the next semester, since the GPA cannot be improved with P grades.
- Implementing a Pass/Fail option for spring 2020 grades will not jeopardize a student's financial aid eligibility

WHAT'S COOKING IN THE RESIDENCE HALL?

Quarantine Cookin'

Directions

Place pasta, chicken, garlic, parmesan cheese, cream and broth in an 11" sauté pan. Cover and bring to a boil over medium high heat. Cook for 12-15 minutes, stirring frequently, until pasta is tender. Salt and pepper to taste. Stir in bacon, garnish with parsley. Enjoy!

Ingredients

- 8 oz fettuccine
- 1 1/2 cups cooked chicken, diced or cut into strips
- 1 tablespoon minced garlic (or 2-3 cloves fresh garlic, chopped)
- 1 cup parmesan cheese
- 1 cup cream
- 2 cups chicken broth
- 1/2 cup crumbled cooked bacon
- 2 tablespoons fresh chopped parsley
- salt and pepper



W.Y.T.Y.K.

Coronavirus Disease 2019 (COVID-19)

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet).

Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

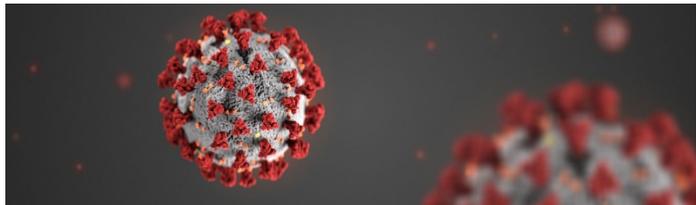
Can someone spread the virus without being sick?

People are thought to be most contagious when they are most symptomatic (the sickest).

Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

Spread from contact with contaminated surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.



Brainteaser Answer: Both are in the middle of water.

CAMPUS RESOURCES

First Year Experience Program | 410-951-3508 Offering students a pathway to degree completion with partnerships across the campus, placement testing, tutoring services, academic advisement, freshman seminar, and co-curricular programming to help them successfully complete the course requirements in the General Education Core as well as achieve their personal best in all areas during their first and second years at Coppin.

GHJ Bldg. Room 208

Center for Counseling & Student Development | 410-951-3939. Offers a wide range of programs and services that foster student growth, development, and emotional wellbeing.

Tawes Center, Room 160

Disability Support Services | 410-951- 3944. Offers services to ensure that students with disabilities and special needs can fully participate in all aspects of the Coppin experience.

HHS Bldg. Room 223

Career Services Center | 410-951-3919. Delivers programs and services in concert with the University's mission that enables students to develop life-long skills in career planning.

Tawes Center, 113

Office of Student Activities and Leadership | 410-951-3922. Offers opportunities for CSU students to enhance their educational experience, improve their social life, gain self-confidence, and acquire leadership skills.

Tawes Center, 1st Floor

Office of Financial Aid | 410-951-3636. Within the confines of available funding and federal, state and institutional policies, the office makes every effort to assist students in making a Coppin education a financial possibility.

Miles Connor Admin Bldg. First Floor

Office of Records and Registration | 410-951-3700. Responsible for maintaining all academic records for the University and updating and monitoring the institution's policies and procedures.

Miles Connor Building, 1st Floor

Community Health Center | 410-951- 4188. Nurse-managed University Health Center serving the local community as well as students, faculty, & staff.

Health & Human Services Bldg. Room 131

“Start Strong, Finish Strong”

