

FYE EXPRESS

Issue#10 May 11, 2020



Coppin Student Receives Offers from Nation's Top Four Accounting Firms

A Coppin State University accounting Student has received offers for internships this summer from each of the nation's top four major accounting firms.

Kyra Thomas, a CSU junior majoring in accounting, from Springdale, MD, has been offered internships at Deloitte Touche Tohmatsu, PricewaterhouseCoopers (PWC), Ernest & Young, and Klynveld Peat Marwick Goerdeler (KPMG) for a summer 2020 internship. Honored and flattered, she ultimately decided KPMG was the best fit for her. Thomas is a well-rounded student, who has also immersed herself into college life. She is a life member of the Golden Key International Honour Society and Alpha Lambda Delta, an honor society for students with a 3.5 GPA or higher and are in the top 20 percent of their class during their first year or term in higher education. In addition, she takes pride in being a member of Alpha Kappa Alpha Sorority, Incorporated (AKA). Please visit the Coppin homepage for full story. Congrats Kyra!

FYE Staff

Director

Ms. Sandi Green

410- 591- 3563

Rm 208c

Sgreen@coppin.edu

Mrs. Breck Goode

410-591-3559

Rm 208b

Bgoode@coppin.edu

Ms. Nafisah Harper

410-951-3502

Rm 208a

Nharper@coppin.edu





5 TIPS TO REDUCE STRESS DURING COVID-19:

Set time aside to breathe. It may seem silly but setting aside time to practice deep breathing—slow breaths in through the nose counting to four and exhaling for 4 counts—can be the easiest way to physically activate a self-soothing response in the body.

Social distancing does not mean a lack of connectedness. Use this time to stay virtually connected. Use text messages, video chat and social media to access social support networks. Talk about your concerns and fears. Meaningful and fun connection and emotional support is vital to your well-being

Set daily routines that include being creative. It is important to try to create and maintain a daily routine regardless of the disruption of unfamiliarity and isolation. If you can exercise—do it. If it is OK to walk outside—do that. Try to get fresh air, even if its standing in your driveway for five minutes each day.

Explore apps that benefit mental health. Simple Habit is a meditation app that recently announced free premium memberships for those who cannot afford to pay. Other apps that teach ways to meditate, breathe and manage anxiety that have a free trial period include: Calm, Insight Timer, & Headspace.

Write it out. Multiple studies demonstrate the effectiveness that journaling can have on one's health, happiness, and ability to manage stress. It is one way to work through anxious or sad thoughts and feelings. It is also helpful in looking back to have perspective on the many hardships you have overcome. It builds resilience. <https://web.musc.edu/about/news-center/2020/03/25/covid-19-stress-relief>



Brinteaser of the week

A clerk at a butcher shop stands five feet ten inches tall and wears size 13 sneakers. What does he weigh?

(answer on page 3)

New Student Orientation (NSO)

Future Eagles,

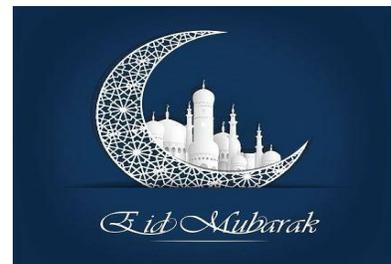


Coppin State University is closely following updates and public health recommendations surrounding the coronavirus (COVID-19). The health and well-being of our students, faculty, staff, and guests are our highest priority.

Out of an abundance of caution New Student Orientation will be conducted online until further notice. Our virtual Orientation program will launch June 1, 2020. You will receive detailed information for our virtual program via email in the coming days. In the meantime, check out our Virtual Tour!

Orientation is mandatory for all new students, register today.

<https://www.coppin.edu/orientation>



Eid al-Fitr means "festival of breaking the fast" and marks the end of the fasting month of Ramadan. Muslims across the world begin Eid celebrations by partaking in communal dawn prayers, followed by a short sermon. Voluntary fasting is not allowed as Muslims are encouraged to feast and celebrate the completion of a month of worship. It is common for the capitals of Muslim majority countries to decorate their streets with festive lights and hold carnivals to commemorate the end of the holy month. This year, Eid al-Fitr will be celebrated on May 23, 2020.

WHAT'S COOKING IN THE RESIDENCE HALL?

Quarantine Cookin'

Mediterranean chicken thighs.

Bone-in thighs with the skin still on stay juicier, but if you like, you may substitute boneless, skinless ones. To cook, preheat oven to 375 degrees F. Grease a baking pan with remaining olive oil and lay the chicken thighs in it side by side. Bake for 25-30 minutes or until chicken is cooked through (15-20 minutes if using boneless, skinless thighs), turning once.

Ingredients:

- 3 tbsp. extra-virgin olive oil
- 1/2 cup dry white wine
- Juice of 1 lemon
- 1 tbsp. lemon zest
- Salt and pepper
- 2 cloves garlic, peeled and finely chopped
- 1/2 tsp. dried rosemary
- 8 chicken thighs, bone-in, with skin on



W.Y.T.Y.K.

FAQs: Living on Campus...Maybe...

Can I bring a microwave, a fridge, or a hot plate?

You can bring a small refrigerator (no larger than 3.6 cubic feet). A Micro-fridge is available in each suite; however, a hot plate or other kitchen appliances are prohibited.

Can I bring a dog or cat?

Pets are not allowed in any campus residence hall, with two exceptions: fish in water tanks of 50 or fewer gallons, and service animals, subject to university approval prior to move-in.

What happens if I become sick?

During the day when classes are in session, the Health Center will assist you; a physician, nurse practitioners, and registered nurses are available. If you become sick when the office is closed, you should consult your Resident Director/Resident Assistant or the Office of Public Safety about the best course of action. If necessary, emergency medical services will be requested for immediate transport to the nearest available hospital. There are three major hospitals near-by: Bon Secours Hospital, Sinai Hospital and St. Agnes Hospital.

Can I bring my car?

Yes, all students can bring a car to school with them. But freshmen cannot park on campus. Those who are permitted to park on campus must obtain a parking permit from the campus parking office. Students must submit necessary information to verify their classification and eligibility for a parking permit. Spaces are limited and are based on a first come, first serve basis.



Brainteaser Answer: Meat

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”

