

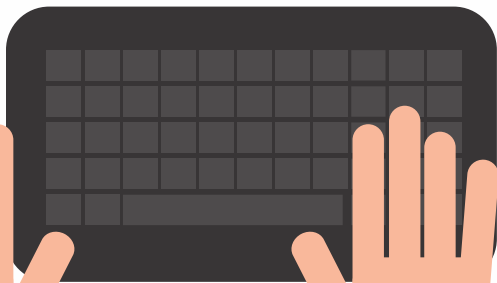


YESHIVA UNIVERSITY COUNSELING CENTER NEWSLETTER



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1. Final exams - ways to study
2. Zoom fatigue - is it real?
3. Grieving losses
4. Anxiety about the future
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How to start preparing

You are still adjusting to switching to remote learning and now finals are approaching. Right now, it's important to balance continuing to strive for focusing well while also being forgiving of yourself and setting realistic goals.

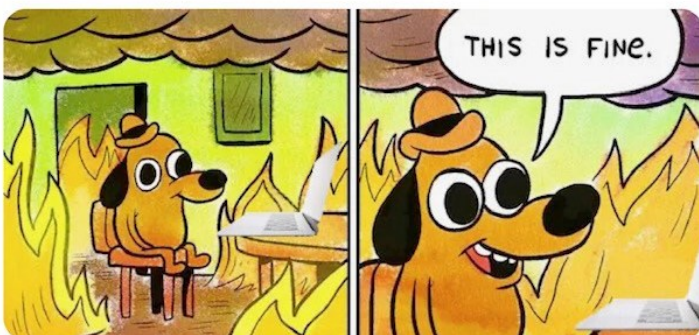
Step one: List all of your work in one place

1. **Check every deadline** (as some may have shifted since going remote)
2. If you have any questions, **reach out** to professor and peers
3. Check in with peers - see if you can be **study buddies**
4. **Make preliminary estimates** of time required to prepare for each final/complete each assignment



steve
@kuya_steven

sitting thru zoom lectures like



11:51 AM · 3/23/20 · Twitter for iPhone



"Your meeting's over. You can relax your Zoom Face now."

WEEKLY
HUMORIST
WRITER & ARTIST: ALI SOLOMON

Organizing (contd)

Step two: Make a schedule

1. Think about what times of day you can do the best work (when is family least likely to interrupt/physical spacing considerations)
2. Manage expectations - remind yourself that you are pulling off getting through finals during a pandemic, which means the level of focus/organization you may consider typical of your ability is probably not possible.
3. Revisit your preliminary estimates of time required to prepare for each
4. Make a schedule for each work day - factor in break times and buffers

Exercise in acceptance

1. Make a list of all the challenges you've overcome in adapting to remote learning - notice these, feel proud, trade tips w/ friends
2. Work on acceptance - **"I'm doing the best I can AND it may not feel like enough"**
3. Remind yourself of who you are as a student - if your performance right now is incongruent, that doesn't take away everything you've done up until this point

Why am I so tired?

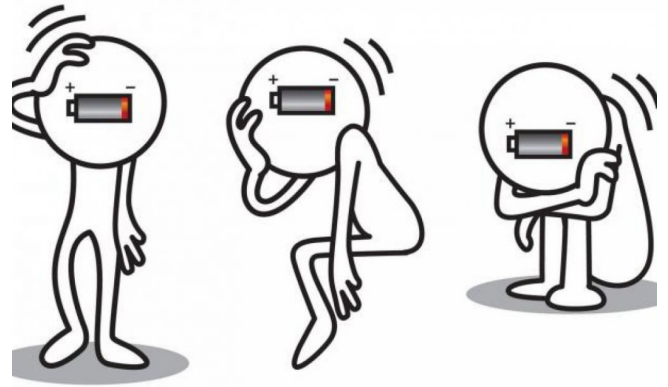
ZOOM FATIGUE IS REAL

OUR ATTENTION IS DIFFERENT ONLINE

We have to be hyperattuned to what cues we DO have because we can't utilize full body language. It is normal to be distracted/checking email/looking at one's phone. We become overstimulated.



VIDEO CHAT WITH DAD FROM HIS NEW SMART PHONE.



WE ARE REMINDED OF WHAT WE ARE MISSING

"It's easier to be in one another's presence, or in one another's absence, than in the constant presence of each other's absence." Every class Zoom, every phone call, every text reminds us that something is not as it should be.

WE ARE INFLUENCED BY TECH ISSUES

We perceive others as less attuned or attentive when there is silence. We also can become more self-conscious or even dissociated when we can see ourselves. We may also become anxious if our technology fails.



"It's my support group for Zoom Fatigue Syndrome."

Theory to consider

The **self-complexity** theory holds that individuals have many different self-aspects, leading to different roles, relationships, goals, activities, and self-states. This theory posits that psychic health is achieved through this variety. Due to COVID, our many roles have been reduced into a single environment, and this can lead to more negative feeling states. Even "fun" zoom calls can feel exhausting because we are shifting between our many roles without changing environments or other cues, and we've never done this before! Allow yourself to remove obligation - if you're not in the mood for remote socializing, it's okay to say, "How about in a few days?" Remember that our remote gatherings can feel both impersonal and overly personal, as though you are being more closely watched - all of these situations create cognitive dissonance which our brains work overly hard to make sense of.





WAYS TO REDUCE ZOOM FATIGUE

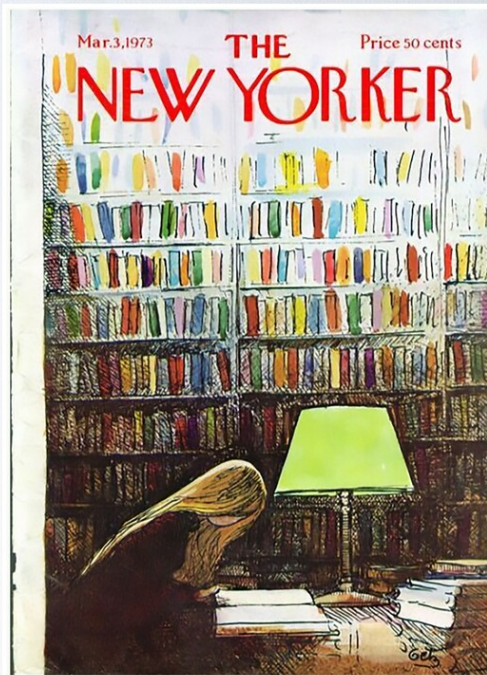
- Try putting screen off to the side
- Try "speaker" view so that you can give more attention to the person speaking rather than taking in so many faces at once
- Resist the urge to multi-task
 - think of this as alleviating some of the mental load your brain is under
- Look at what's around your room/desk when needed to give your eyes a break
- Try to build transitions and boundaries in
 - ie. move from desk to living room for 5-10 minutes to mark changing activities
 - speak with family members about your need for focus and how small breaks between classes and studying sessions can help you
 - consider making up a "commute" activity - before starting in the morning and when "ending" studying at night, go outside/listen to a song and change rooms/try a podcast - engage family on this being commuting time in which you'd like to be left alone
- Try switching up the ways you engage socially - limit amount of time if needed, try using old fashioned phone for break from zoom, write hand written letters

STUDYING REMOTELY

- Declutter your study space (whether that's kitchen counter or desk - ask family to help respect this)
- Set a reward for finishing a study period - a snack, a movie, a book, music, exercise/taking a walk
- Commiserate with peers about difficulties you are having with remote learning - it helps to know you're not alone
- Try the "Pomodoro" technique, which breaks things down into 25-minute intervals (https://en.wikipedia.org/wiki/Pomodoro_Technique)



Help is available



We at the **Counseling Center** are here for you. It is important to know that many are struggling with transitioning to remote learning. If you are finding this too overwhelming, please reach out.

You can email the Counseling Center at **Counseling@yu.edu**. If you are in need of speaking to someone urgently, during business hours, please call the Counseling Center at:

(646) 592-4210 (Beren and Cardozo Law School)
(646) 592-4200 (Wilf).

If you are experiencing an emergency after hours, please call 911.

Offices of Academic Support:

Beren – reach out to **Dr. Beth Hait** for appointments (Tues/Wed 9 am- 6 pm)



Log on to **<http://yu2.mywconline.com>**, click on the arrow next to 'Academic Advisement' and scroll down to the link for 'Student Academic Support'

Wilf – general email: **academicsupport.wilf@yu.edu**

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But what about ... ??????



The idea of mourning loss still applies

You may know someone who has passed away and be mourning a physical loss. Even if you have not lost someone, you have lost the ability to go about your life in the ways that were expected. Normalize the range of feelings you might experience for yourself and your friends. Think creatively about ways you and your friends can celebrate these milestones (without putting pressure to pretend things are "normal"). Can you send each other graduation gifts? Can your family cook your favorite meal to have on graduation day? Can you still dress up and make some type of gown at home? Can you decorate your cap? What plans can be made for once it's safe to socialize? These can help you look forward to again celebrating in a way that's closer to what it would have been pre-Covid. Are there ways to include grandparents and other family via Zoom so they also share your important day in any way they can? See if friends and family can record messages/videos for you to open on that day. Share favorite memories of your year (if an anniversary), memories from your time at school (if missing an in-person graduation), mail cards or care packages (if you can do so safely).

There are so many things that are not happening that were supposed to happen. Graduation, celebrations, internships .. each and every one of these is a loss. It's important to acknowledge this and also acknowledge what cannot be translated to a remote forum. While we need virtual ways to mark these important events, they are not the same. Before we can find ways to still make these adaptations meaningful, we need to process these losses.

Class of 2020's grad ceremony being held via Skype



ifunny.c©



It's okay to feel scared or unsure of how to pick summer courses. It's okay to feel angry opportunities have been taken away from you. Much of school is structured with how to be on the "right" track and there is no roadmap for what to do when your best efforts to follow this are thwarted.

Will I end up behind?

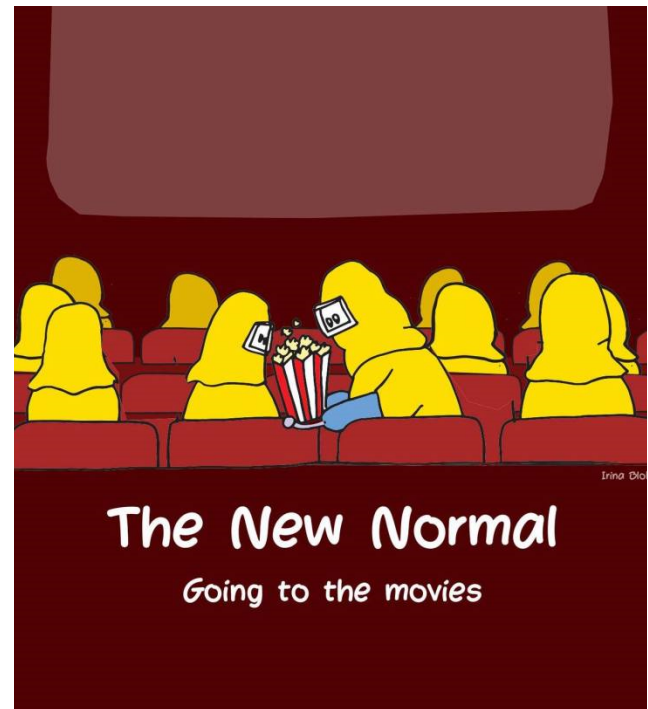
A lot of students were planning to utilize the summer in important ways - classes, internships, religious study or exploration, dating..... For some, this was going to be formative time to make important decisions about academic track, relationships, gain experience for future jobs, or take a much needed break by traveling or working in something fun. As things are being adapted to remote frameworks or put on hold, it is difficult not to worry about being set back. This may happen and it's okay. Remind yourself that for now you are making the best decisions you can with the information you have now. Consider whether or not there are other ways you can do different explorations - consider other tracks you never felt like you had time to really research. For example, if you are pre-med but not positive it is right for you, could you read a book by a doctor about what it's really like? If you've always wanted to try a course but it didn't fit with your requirements, could you take a summer one? Could you think about still taking a name for dating and having Zoom dates?



TOLERATING THE UNKNOWN

It's normal to wish for comfort in answers to all these questions.

Wondering exactly what socializing will be like once we can do it again, how this will change our time at school, our dating lives, our family's connectedness - these are good questions. Engage these questions with your friends and families - know you are not alone in anxiety around what this will all look like.



Because we don't know what's going to happen, it's important to continually ground one's self in what we can try to control (and recognize how difficult it is to sit with the idea that there are things we cannot). One way to reframe things is to know that once we establish a new normal, the skills we honed during this time with tolerating the unknown will continue to serve us in our lives.

