Hello Wonderful BLAs –
These are tricky times to be a college student so I hope you are adjusting adequately to online instruction for studio courses. Nothing can replace the fun & fellowship you experience in the JSB during regular classes so please be sure to reach out to one another, check in on friends, follow CDC health guidelines and just stay in touch! This newsletter contains A LOT of important info – read it carefully!

- **Advising** – If you already signed up in SAGE, thanks! You already have your advising sheet & have been cleared for registration. If not, please make an appt soon. These are remote mtgs, not held in person. We can chat on the phone if needed or you may simply email me any questions about advising. Registration opens April 14th for priority groups. Be sure to check for any HOLDs on your accounts – or they will stop you from registering!

- **Schedule of Classes Fall 2020** – If you need CE+D electives, (check Degree Works to verify this) they can be earned with a variety of prefixes: LAND, EETH, EDED, PLAN, & HIPR. Make sure you have a 2nd choice in case some get cancelled. Use this link below to see what’s offered and times/days they meet. [https://apps.reg.uga.edu/soc/SOCfall.pdf](https://apps.reg.uga.edu/soc/SOCfall.pdf)

- **Internships:** If you are scheduled to take LAND 4700 this summer, please get in touch with Prof. Davis. Many of you have job offers (Congrats) - some are waiting to hear back from firms. Either way, it is recommended to reach out to these potential employers and stay in touch, express your interest again, and realize these positions may be in the form of a modified online internship.

- **Senior Capstone:** If you still need LAND 4900, another section has been added for Summer. A few of you unable to go to Cortona need to register for this class. Two options are available. Also, please drop the FTSY class if you had planned on traveling.

- **Summer School/MAYmester 2020** – All classes will be online!

Please email if you have any questions/concerns about school or anything else! I’m here! Thanks – Dr. DeHart mrdhart@uga.edu

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Plant IDs: Email your 5 answers to Dr. DeHart (mrdhart@uga.edu) with correct genus/species/spelling. Prizes await the winners....
More CE+D & BLA Updates:

- **MAY 2020 Commencement ceremony and CE+D Convocation are cancelled** – your degree will still be conferred at the end of the term provided you complete your last credits/courses (be mindful of UGA Core requirements such as US/GA History, US/GA Constitution & PE). We regret this was the decision from UGA Administration but nothing can take away all your accomplishments & success over the last 4 years. BLA faculty & staff are super proud of our graduates and hope to celebrate later! Hooray!

- **Congratulations to Hadden Powell – CE+Ds newest Senator!** Please communicate your ideas/concerns to him about the program/College – he reps for us with SGA!

- **Congratulations to Karlie Roper who rec’d competitive scholarship money from Experiential Learning at UGA. She will use it for Internship travel instead of Cortona!**

- **If you received money for Cortona from OGE,** even though all summer travel is cancelled, the funding is good through next Summer 2021. Please check with OGE for the decision deadlines & funding extensions. There will more travel opportunities.

- **eLC: If you experience complications with online instruction,** please communicate this to your teacher. Sometimes eLC is overloaded and many students have had success using One Drive instead for assignments/projects. We know this is very challenging.

- **Collecting supplies at JSB is now over.** Thanks to all of you who followed directions and signed up for a time to retrieve your belongings. If you were not able to stop by, your things will be safe. This endeavor was only to pick up items needed for online instruction starting March 30th. Hopefully you now have what you need. Sorry if you missed the 10-day window. We must stay safe. Just do your best with what ya got!

- **NEED HELP??? Please Get Help!!! Reach out – free resources below:**

  - Student Care & Outreach offers online support: [https://sco.uga.edu/](https://sco.uga.edu/)
  - Funds: [https://financialhardship.uga.edu/content_page/food-and-necessities](https://financialhardship.uga.edu/content_page/food-and-necessities)
  - Suicide Prevention Lifeline: 1-800-273- 8255 – open 24/7 – call anytime
  - Stressed Out & Feeling Alone? [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)
  - Academic Enhancement: [https://dae.uga.edu/](https://dae.uga.edu/)
Stress Busters for All – Now Is the Time to Add to Your Coping Strategies!

- Take care of each other – keep up the covos in your chat rooms, group me, what’s app, etc.
- Check UGA email often – being informed is better than guessing – stay up to date on policy!
- Take deep breaths – take 5 min to chill if the worry monster is getting too big. Just breathe!
- Show loved ones some love – tell them out loud that you appreciate them – say thank you.
- Find a new hobby – needle crafts are great! Sew, knit, crochet, embroider; it’s not just for girls.
- Learn how to change the oil in your vehicle – this is a life-long skill – keeps your car running.
- If your “issues” are cropping up, call your sponsor ASAP. Multiple 12-Step mtgs are held online now.
- Help out Mom, Dad, caregivers, guardians with chores – clean out shed, garage, attic, basement.
- Learn how to play an instrument – lots of YouTube lessons available for free – air guitar, maybe?
- Find the positive in online learning – wear your jammies, use the treadmill, lift some hand weights.
- Try listening to music new to you – I recommend any Dave Brubeck or Vivaldi’s 4 Seasons!
- Add or keep structure in your day – map out a regular schedule – include healthy habits, too.
- Make and mail a card to someone – Easter, Birthday, Get Well, Thinking of You, Lovey Dovey...
- Learn plant names now – get ready for LAND 3410! Go outside & practice naming what you see.
- Start journaling – add drawings, rhymes, sketches, color, decorate pages, enjoy this freebie.
- If you find yourself going over to the dark side, call a friend immediately! Share feelings, it helps.
- Plan the party you’ll host when this is all over. What will you cook? What will you serve? Games?
- Paint! Choose a room at home your folks/roommates want to update. Have fun with color.
- Plant a garden. Design flower beds for later – do you prefer annuals or perennials? Containers?
- Research your Internship or future job site – you can always learn more about a firm or business.
- Bake bread – from scratch. Find an heirloom recipe or ask your grandparents for a favorite one.
- Make a list of places you want to visit – map out a travel route. What memories will you create?
- Go wash your hands – Go wipe down counters, door knobs, handles, and do it again.
- Try a new way to study – flash cards, read aloud, copy over notes, highlight, use practice tests.
- Imagine your dream yard – create a plant list – learn the Latin names – quiz each other!
- Make a Corona quilt – use old Tees, dresses/tops, fabric scraps – design, piece, & sew squares.
- Write out priorities. What classes need your attn? Which faculty need communication? Act now.
- Identify your idols? What qualities/skills do they possess? How can you mimic them? Make a list.
- If being at home is difficult, avoid the agitators/distractors. Remind yourself this is temporary.
- Go through closets/drawers...what can you donate or give away when thrift shops open again?
- Learn something in a related field: Entomology, Turf Grass, Crops, Historic Gardens, Farms.
STRESS BUSTERS FOR ALL – NOW IS THE TIME TO ADD TO YOUR COPING STRATEGIES! (CON’T)

- Plan a volunteer project. What agencies need your help? What gifts will you contribute? Commit.
- Can you name your politicians? Look up local, state & regional reps – their platforms matter.
- Do you owe someone an apology? Write down what you’d say. Is it time to finally do it?
- Try reducing your water usage. Set up a rain barrel. Count gallons. Use grey water on plants.
- Learn the names of songbirds. Can you ID them in the yard? Start a Life List of what you see.
- Start a new form of exercise….dance, lift weights, power walk, bicycle, jog, tai chi, yoga, stretch.
- Load new apps for mind challenges – Seven Little Words and Red Herring are great brain teasers.
- Are you registered to vote? Find out where & when to do this – or help someone else with forms.
- Learn about/join student orgs at the CE+D: GSLA, SHPO, SPA….membership is a good thing.
- Plan your Halloween 2020 costume? What is your alter-ego? Fav TV character? Need props?
- Design & build a Rube Goldberg toy - use found objects, scrap wood, broken stuff – have fun!
- Get in touch with your advisor – ask questions, don’t postpone concerns. She is here for you.
- Learn about Folk Art – What is it? Who creates it? Where or why is it popular? Valuable?
- Text or call your CE+D buddies – they miss you & want to hear from you. Make that connection.
- Watch at least one silly, stupid, cheery, wacky animal video per day. Laughter is important.
- Make & bake & decorate cookies – use your artistic talents to add unusual designs – then eat!
- Build a birdhouse – plan for Mother’s or Father’s Day – it’s a great gift idea – and helps nature.
- Got more strategies? What’s working for you? Please email them to me & I’ll post more ideas!

More Links – More Resources – More Assistance:

- Career Center Info: http://www.career.uga.edu/
- UGA Athletics: https://georgiadogs.com/ Athens
- Athens/Clarke County: https://www.athensclarkecounty.com/
- AA: https://www.aa.org/pages/en_US/options-for-meeting-online
- UGA Financial Aid: https://osfa.uga.edu/
- UGA Columns/Calendar: https://news.uga.edu/columns/
- UGA Health Center: https://www.uhs.uga.edu/
- CE+D Scholarships – announced at the end of April 2020!