

---

# TOOLS FOR SUCCESS

**APRIL  
2020**

**DIVISION OF GLOBAL ENGAGEMENT NEWSLETTER**

globalengagement@louisiana.edu (337) 482-6819  
[goglobal.louisiana.edu](http://goglobal.louisiana.edu)



## **IN THIS ISSUE**

Tips for remote learning \* Safety guidelines \* Health Insurance \* Avoiding scams \* Traveling outside of the U.S.  
\* Online Resources & Apps \* Extracurricular Fun

---

# A STUDENTS' GUIDE TO **REMOTE LEARNING**

## **SET YOUR SPACE**

Find an area in your house where you can sit comfortably and focus.

Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.



## **TAKE NOTES**

Stuck in a webinar zoning out? Note-taking keeps your mind engaged.

## **PLAN YOUR DAY**

Set aside time each week for all of your classes.

If you just have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy.

## **LESSEN DISTRACTIONS**

Harness your imagination and picture that you're at school and not at home.

Set aside virtual social time with friends so that you have the distractions you need.

## **CHANGE IT UP**

You probably have a schedule for your lessons, but if things are becoming difficult to focus on, take a 5-min break and come back to it.

## **TAKE BREAKS**



## **TAKE BREAKS**

Get up once in a while. Have a snack.

## **SPEAK UP & ASK FOR HELP**

When things get tough, don't just push through it. Make sure to take advantage of all of the resources that the University provides.



## **JOURNAL IT**

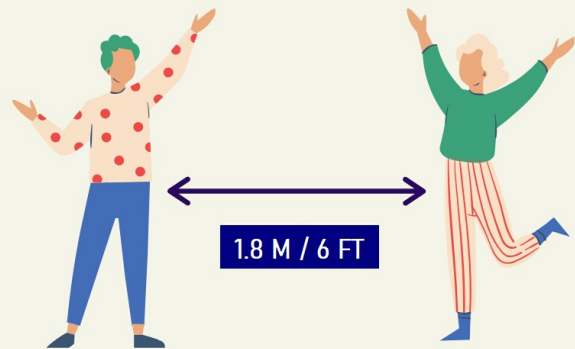
Use a journal to track your progress or any questions you might want to ask your instructors.

# STOP THE SPREAD



## WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



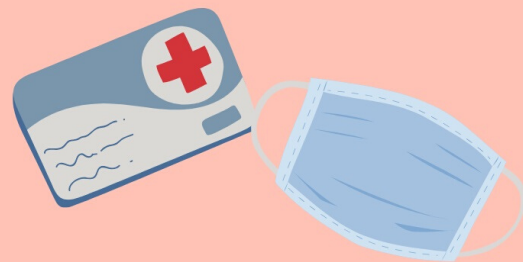
## MAINTAIN PHYSICAL DISTANCING

Maintain at least 1.8 meters (6 feet) distance between yourself and anyone who is coughing or sneezing.



## AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



## IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

Source: World Health Organization

[Student Health Services](#) is offering telehealth visits. Call 337-482-1293 for more information. Wellfleet, the University's international health insurance plan, will cover COVID-19 testing at no cost to you! Please make sure to follow the latest COVID-19 updates at: <https://wellfleetstudent.com/forms/>

For updated University information, visit <https://louisiana.edu/covid19-updates>.



# Procedures for Self-Quarantine under Covid-19

*Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.*

## Stay at home.

Limit all your non-essential travels.

*Unless you're going out for food, medicines or other essentials.*



## Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



## Check your temperature.

Check your temperature at least two times a day.



## Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.



*If possible, have a designated toilet and bathroom as well.*

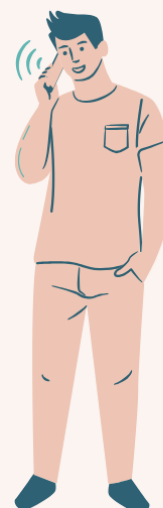
## Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



## Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



## Practice social distancing.

If you need to go out, maintain at least 1 meter (3 feet) distance from others.



#StopTheSpread

# How to use a mask?

Source: World Health Organization



## Before Putting on a Mask:

**Clean hands** with **alcohol-based hand rub** or **soap and water**.



## While Wearing a Mask:

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.
2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.
3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks.**



## To dispose of the mask:

1. Remove the mask from behind using the strings. **Do not touch the front of mask.**
2. Discard the mask **immediately** in a closed bin.
3. **Clean hands** with **alcohol-based hand rub** or **soap and water**.

# CAMPUS RESOURCES

The Learning Center has transitioned to virtual tutoring to assist students in a variety of courses. To schedule an appointment, call 337-482-6583, chat via the chat box at [studentsuccess.louisiana.edu](https://studentsuccess.louisiana.edu) or email [tlc@louisiana.edu](mailto:tlc@louisiana.edu).

Counseling & Testing is offering telehealth sessions. Call 337-482-6480 or email [counseling@louisiana.edu](mailto:counseling@louisiana.edu) for more information.

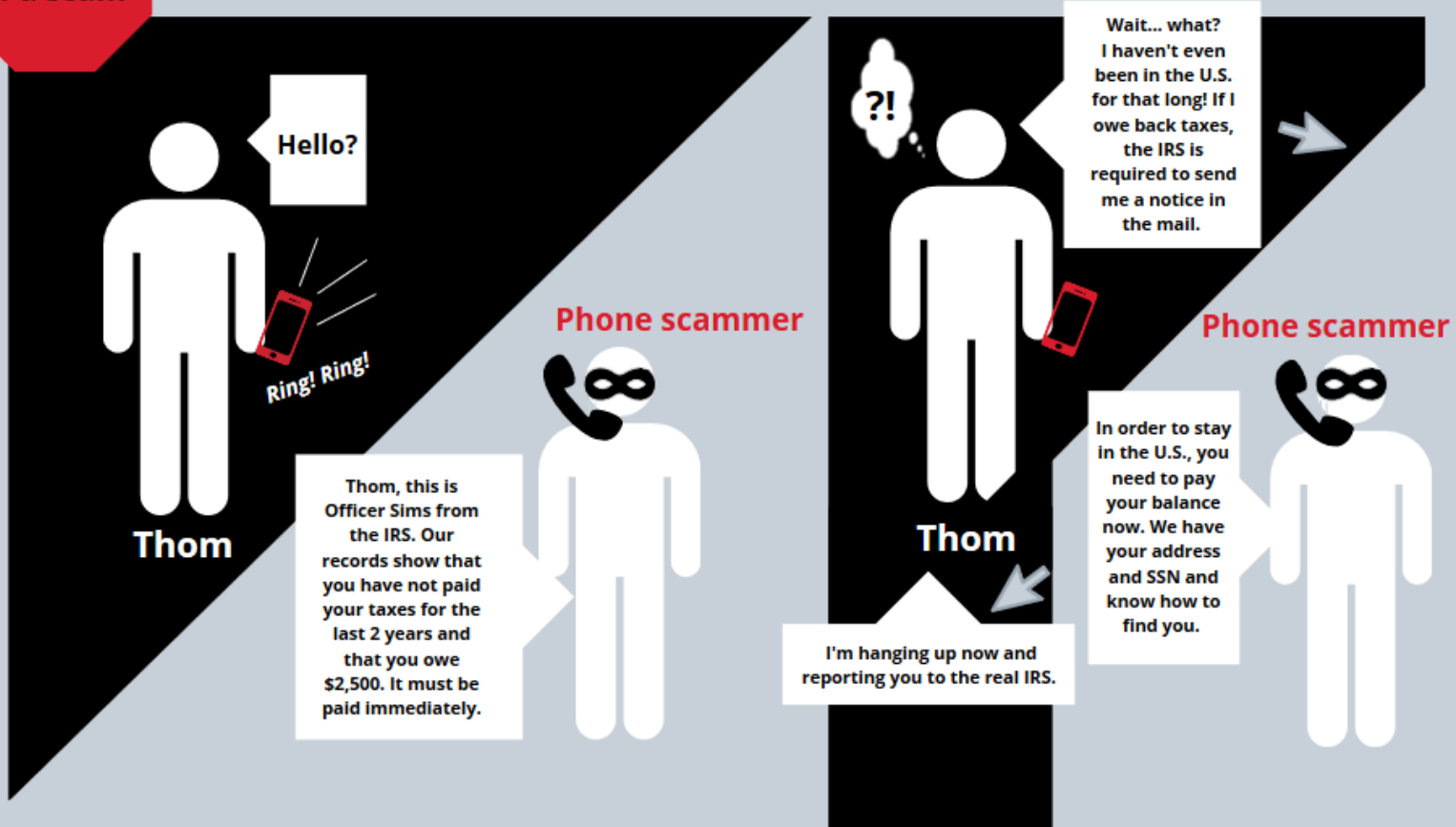
## BEWARE OF SCAMS

### INTERNATIONAL STUDENTS & SCHOLARS ARE OFTEN THE TARGETS OF SCAMS



Be alert and remember, the U.S. government will never contact you by phone or email to ask for money.

Example of a scam



Questions? Contact us at [uia@louisiana.edu](mailto:uia@louisiana.edu) or 337-482-6819

# TRAVELING OUTSIDE THE U.S.

The Division of Global Engagement is still processing I-20s & DS-2019 travel authorizations while operating remotely.

Students should email [ويا@louisiana.edu](mailto:ويا@louisiana.edu) requesting an I-20/DS-2019 travel signature approximately one week before traveling outside of the U.S. Please send the email from your University email account.

DGE staff will mail an I-20/DS-2019 with a travel signature to your local address through regular mail, which takes 2-3 days for delivery.

Restrictions on travel are rapidly evolving. We urge you to review the following before deciding to travel:

[Centers for Disease Control & Prevention \(CDC\)](#)

[U.S. Department of State Travel Advisories](#)

[Your Embassy's Website](#)

## TRAVEL WITH:

---

- Valid passport (at least 6 months beyond U.S. reentry date)
- Valid F-1 or J-1 visa
- I-20/DS-2019 with valid travel authorization
- Current financial documents (bank docs, assistantship offer)
- UL Lafayette transcript
- DGE Contact Information: [ويا@louisiana.edu](mailto:ويا@louisiana.edu); 337-482-6819

**For more information, click [here](#).**





tips + resources  
for remote learning

# ONLINE RESOURCES & APPS



## MY STUDY LIFE

This free app will help you to organize your classes, assignments, and exams with ease. It even offers the ability to sync your data across all of your devices.



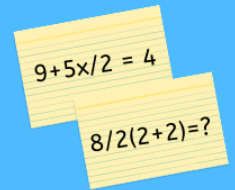
## WHAT'S UP

What's Up is a free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help improve mental health, break bad habits, and maintain good ones.



## CLASSPAD

Classpad.net is a web-based platform that offers tools for calculation, graphing, geometry, and statistics. Emulator calculator software recreates scientific and graphing calculators for Windows & Mac.



## FLASHCARDS+

This free app makes it easy to create flashcards and add images, making test prep fun and easy! Don't want to create your own? You can browse through thousands created by others.



## BABEL

A language learning app and e-learning platform offering Dutch, Danish, English, French, German, Indonesian, Italian, Norwegian, Polish, Portuguese, Russian, Swedish, Spanish, and Turkish. First three months are free!



## OPENSTAX

Openstax has high quality textbooks available for free access online and gives students the option to purchase low print copies.





# Virtual Fun

## How to socialize during a pandemic



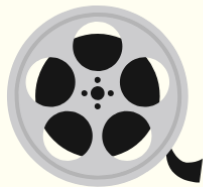
### 1. It's Party Time

Cook your favorite meal from home and invite your friends to do the same. Via video conference, you can enjoy cuisine from around the globe.

### 3. Mind & Body



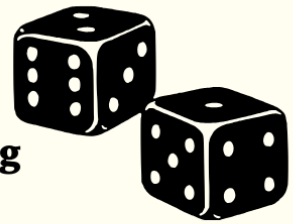
Many websites are currently offering interactive yoga, Zumba, HIIT, and other aerobic activities. Check one out with a friend.



### 5. Make it a Movie Night

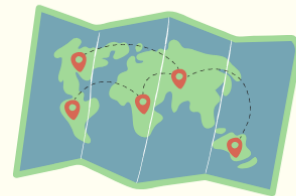
Netflix Party is a Chrome extension for watching Netflix remotely with friends. Chat virtually during movie night.

### 2. Get Gaming



Charades, Monopoly, UNO!, Scattergories, and Mario Kart are just a few classic games that you can play virtually anywhere. Get it?

### 4. See the World



Travel to tourist attractions across the U.S. and to exotic international destinations with your friends. Many options are free & available.

*Don't forget to get some fresh air!*



UNIVERSITY of  
**LOUISIANA**  
L A F A Y E T T E

**Division of  
Global Engagement**

*We are here for you!*

[goglobal.louisiana.edu](http://goglobal.louisiana.edu)  
[globalengagement@louisiana.edu](mailto:globalengagement@louisiana.edu)  
337-482-6819



**Rose**



**Gabriel**



**Megan**



**Patricia**



**Katie**



**Aaron**



**Brandt**



**Katelyn**



**Theresa**



**DISTANCE  
MAKES US  
STRONGER**



**#StopTheSpread**