UNIVERSITY AND COLLEGE UPDATES

SAVE THE DATE: Grad Student Town Hall II

Please join us for our second FAMU-FSU Engineering Graduate Student Town Hall on Thursday, April 23 at 4:00 PM. Dr. Farrukh Alvi, Associate Dean for Research & Graduate Studies, will provide a brief update and answer questions.

**RSVP required!** You may submit questions in advance using the RSVP form.

*I look forward to seeing you Thursday!*  
Deb

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VIRTUAL Launch! SPRING 2020  
A Celebration for Graduating Engineers

APRIL 30, 2020 | 5:00 PM

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Updating your FSUID info just got easier
Redesigned with FSU in mind—
The new self-service platform is designed with you in mind, creating a seamless, intuitive user experience that allows you to change your password, update your security questions and manage your 2FA account and devices with ease.

Find links to the new FSUID self-service within myFSU Portal under the myFSU Identity Management dropdown.

Read announcement here.

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**Zoom tip #1: Use FSU Zoom**

Information Technology Services (ITS) and the Office of Distance Learning (ODL) have teamed up to create recommendations for how to secure Zoom meetings and class sessions and help ensure FSU has a safe and welcoming learning and gathering space.

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**FAMU-FSU: Mental health services for our students**

Below you will find information about services offered, how to make an appointment and the Welltrack app. Our students wellbeing is vital to their success at COE and beyond. Please do not hesitate to reach out to me with any questions or concerns you may have. I am here to help.

FAMU:
[http://www.famu.edu/index.cfm?Counseling&OurServices](http://www.famu.edu/index.cfm?Counseling&OurServices)
Phone: 850.599.3145
Email: counseling@famu.edu

FSU:
[https://counseling.fsu.edu/](https://counseling.fsu.edu/)
Crisis support: 850.644.TALK (8255)
Email not provided. Students directed to call number above.

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**Fellowship Announcement: NASA Postdoctoral Program**

NASA Postdoctoral Program’s fellowship opportunities next application deadline is July 1, 2020. Contact us at npphelp@usra.edu with any questions.

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**FAMU-FSU Engineering | Who to Contact**

[https://www.eng.famu.fsu.edu/who-to-contact](https://www.eng.famu.fsu.edu/who-to-contact)
VIRTUAL CAREER SERVICES

ProfessioNole Mentors Virtual Sessions | Last Two Sessions

Tuesday April 21
Wednesday, April 22

All sessions start at 11 a.m. and 12 p.m.
Zoom Link: FSU.zoom.us/j/186889499
Meeting ID: 186 889 499

BEING HUMAN

Feeling overwhelmed? Approach coronavirus as a challenge to be met, not a threat to be feared

Caribbean spiny lobsters normally live in groups, but healthy lobsters avoid members of their own species if they are infected with a deadly virus. Humberto Ramirez/Getty Images

Social distancing works – just ask lobsters, ants and vampire bats

Social distancing to combat COVID-19 is profoundly impacting society, leaving many people wondering whether it will actually work. As disease ecologists, we know that nature has an answer.

Animals as diverse as monkeys, lobsters, insects and birds can detect and avoid sick members of their species. Why have so many types of animals evolved such sophisticated behaviors in response to disease? Because social distancing helps them survive.

Read story here.

What really works to keep the coronavirus away
Brian Labus, epidemiologist and biostatistician at the University of Las Vegas, addresses four common questions regarding the virus.

1. What can you do to prevent getting infected?
2. Does cleaning surfaces help?
3. What about wearing masks?
4. Should I stockpile supplies?

This link contains a list of cleaning products that are effective against the general family of coronaviruses.

**THINGS TO DO**

**Important Census Information for Students**

The 2020 Census counts everyone in the United States, including college students. If you are a Florida State student who normally lives in off-campus housing but who has been temporarily displaced due to COVID-19, you should use the address you use when you are attending school. Learn more by watching this 2020 Census YouTube video and be counted.

**STRESS AND COVID-19**

**Resources for Living: COVID-19 Resources**

- Here to Help.
- Stay Resilient.
- Are You Coping.
- Remote Work.

**Employee Assistance Program Available Services**

*An important message from FSU Office of Human Resources*

Florida State University values employees and the work that they do. Because of this, the Employee Assistance Program (EAP) was created in the spring of 1995 to improve the well-being of FSU employees by providing assistance through personal and/or workplace difficulties.

To ensure the health and safety of both counselors and clients during this emergency period, all services are being offered via phone and video. Requests for in-person appointments will be assessed on a case-by-case basis. EAP’s highest priority is to continue our commitment to FSU employees by providing the following services:

**Confidential Counseling Sessions**

Employees and their dependents have access to confidential and timely problem identification/assessment services. Through constructive confrontation, motivation, and short-term intervention with employee clients, these sessions address problems that affect job performance. When necessary, clients are referred for diagnosis, long-term treatment, monitoring, and follow-up services.
Confidential Supervisor Consults

Consultation, training, and support are available to those who manage employees seeking assistance (VP’s, Deans, Directors, Department Heads, Department Chairs, managers, and all other supervisory personnel). The goal is to enhance the employee’s work environment and improve job performance and satisfaction.

Mediation/Guided Discussion Services

Sometimes, parties need help to resolve their differences. When employees need help in resolving conflict, they may turn to the EAP Conflict Resolution Program which includes free, confidential Mediation and Guided Discussions to help resolve disputes.

Emergency Loan Fund (ELF) Program

EAP administers FSU’s Emergency Loan Fund (ELF) which was established to aid employees facing unexpected financial emergencies. If eligible, an individual may receive an interest-free loan of up to $1,500, which is repaid through payroll deduction. Additionally, EAP has partnered with Debt Management Credit Counseling Corporation (DMCC) to assist those in the FSU community who may be struggling with debt or wanting to increase their credit rating. DMCC has a host of resources that can assist you in regaining the road to financial solvency, including Debt Management Plans and Online Financial Literacy Programs.

Resources

EAP is available 24/7 to respond to any emergency. For assistance by phone, call (850) 644-2288 or toll free at (877) 246-4679. For assistance by email, please click here.

For tips on managing stress amid the COVID-19 pandemic, please read Coping with Stress and Anxiety during the Coronavirus.

Want to add something to the next issue?
Email us! Deadline is Friday for Monday publication.

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