"BACK TO SCHOOL" IN THE TIMES OF CORONAVIRUS

When Fall quarter starts at the end of September, it will be 6 months since UCI began remote classes! Whether you choose to be in Irvine or will continue living at home, this will be a very different start to the school year. Some key differences from other school years:

- Few, if any of students around campus.
- Increased focus on health and physical distancing all around campus and in our communities.
- Most events and classes have transitioned online.
- Close monitoring of your own health and those around you to make sure we keep the campus healthy.

Your decisions are based on your unique circumstances. When you find yourself comparing yourself to others, remember that each person is taking decisions on returning to campus or not based on their own life situation.

Communicate your needs about health and safety to friends, peers, and family. Create guidelines for your own living space so you can feel secure that your needs around staying healthy are met. Contact the Counseling Center if you would like to talk more about setting boundaries, communication and other relationship building skills.

Create opportunities for social connection. Attend online welcome events, look up student groups online, and attend meetings to get to know other students based on your interest. The Office of Campus Organizations’ website is a great place to start!

Create a schedule and structure to keep up with your academic goals. Block out class timings, know when virtual office hours or study sessions are scheduled, and attend them! Attend the Counseling Center’s “Academic Boot Camp” workshops to help with planning, time management and improving motivation.

Be patient with yourself. Acknowledge the difficulties you are having and access campus resources to help you learn better and feel better. For example, if you need accommodations for your classes, contact the Disability Services Center.

Ready to connect and support one another?
Many students are using our workshops and drop-in groups to receive and provide support. Join us!
https://counseling.uci.edu/services/groups.html

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MEET THE NEWSLETTER TEAM!

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Have requests and ideas for topics the newsletter can address?

Follow us on social media and leave a comment on a topic you want us to cover!

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