Dear Students,

We are living in extraordinary times – and you are facing challenges none of us ever imagined you would have to navigate during your college experience. Your education has been disrupted and changed, your families may be facing health or financial challenges, and none of us knows what the future holds.

But we are here for you. As you work to complete your studies in alternative formats, you can continue to access Student Affairs programs and resources designed to support your academic success, health, and wellbeing.

**Mental Health**
Your health and safety are the first priorities of our campus. We all tend to handle challenges and stresses differently, and that is perfectly o.k. Be sure to reach out when you need something. Various resources can be found in the student resources section of our campus COVID website. To access telehealth services for students who are currently residing in Minnesota, please visit the Counseling Services website.

**Student Resources**
- Please refer to the student resource webpage containing community services, internet options and health and wellbeing.
- To field questions and concerns, we have created a live chat that can be accessed directly from the Crookston COVID-19 webpage.
- UMN Crookston Dining Services is providing to-go meals on campus Monday - Friday from noon - 1 p.m. and from 5 p.m. - 6 p.m. in the Eagle’s Nest accessible from the Sargeant Student Center main doors. Weekend meals are available upon request.
- The UMN Crookston Food Pantry, Eagle’s Essentials, remains open in Owen 170 and can be accessed from the Sargeant Student Center main doors. Hours of operation are Monday - Friday from 1 p.m. - 3 p.m.
- University of Minnesota students have been given the option to choose “Satisfactory or Not Satisfactory” grading this semester. Please review this FAQ page and contact your advisor to discuss your decision.
- We have had some reports of microphones not working on UMC issued laptop computers. We highly recommend that you first contact the UMC Computer Help Desk. In addition, some troubleshooting tips can be found in the technology support section of our campus COVID website.
**Wellness and Exercise**
The Wellness Center will be providing virtual workouts, as well as nutrition tips and tricks beginning March 30. Follow the UMC Wellness Center on social media for updates:
Facebook: @umcwellnesscenter | Instagram: @umc_wellness | Twitter: @UMCWellness

**Financial Wellbeing**
As stated in previous messages, we recognize that for some students, resources to cover the costs of basic essentials like food and shelter are difficult to come by. This can be especially true in situations when a job change or moving back home was needed in order to comply with our current reality. For more information regarding student emergency aid contact Lamesha Brown - umcssc@crk.umn.edu in the Student Success Center.

**Frequently Asked Questions**
As an important reminder, through our Crookston COVID-19 website you will find a robust listing of frequently asked questions with answers for students regarding general questions, coursework, registration and graduation.

If you have other questions, please check our UMN Crookston COVID-19 Resource Webpage. You can also find University-wide information at the Safe Campus website.

As your chancellor and as a parent living apart from my children and grandchildren, I too understand with keen awareness the struggles, worries, and disappointments you may be facing at this time. I urge you to show your care for others and yourself by following public health guidelines that have the potential to save lives. I care about you, as does your University faculty and staff. You are on our minds and at the top of our conversations daily.

With sincere wishes for good health and continued learning,

Mary Holz-Clause, Ph.D.
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