

In This Issue

Webmail users [click here](#)

COVID-19 Update

- [Supporting Student Mental Health During COVID-19: The Role of Instructors](#)

Official News/General Announcements

- [Online Delivery Orientation Available](#)
- [Free Breath-Body-Mind classes on Zoom](#)
- [Free Breath-Body-Mind classes on Zoom](#)
- [TIAA Consultant & Virtual Counseling Sessions](#)
- [Ensemble Anthem Training Available](#)

What's Happening?

[More Events...](#)

TODAY

TOMORROW

THURSDAY

Supporting Student Mental Health During COVID-19: The Role of Instructors

The mental health impact of COVID-19 has been staggering for everyone in the Alfred University community. As part of AU's Universal Design for Learning series, please join us for a 2-hour webinar for instructors to discuss the mental health impact of the COVID-19 pandemic on our students. You will take away instructional strategies to support all learners at the individual and classroom-wide level. The webinar will take place via Zoom Tuesday July 28th at 1pm. Please send an email to kjs19@alfred.edu for the link to attend and webinar materials.

Submitted by: Kelly Gardner (Sanford)

[back to top](#)

Online Delivery Orientation Available

Online Course Delivery Orientation is available to all faculty. This session is intended to provide guidance for online course development and best practices.

The following sessions are available:

Friday 7/31, 10:00 am - 11:30 am

Monday 8/3, 11:00 am - 12:30 pm

Tuesday 8/4, 2:00 pm - 3:30 pm

Thursday 8/6, 2:00 pm - 3:30 pm

If you would like to participate in one of these sessions, please contact Meghanne Freivald to request the meeting link. All faculty are welcome to participate.

Submitted by: Meghanne Freivald

[back to top](#)

Free Breath-Body-Mind classes on Zoom

Breath-Body-Mind combines gentle movements with breathing practices to help alleviate a wide range of physical and psychological challenges including anxiety and depression. These techniques have also proven effective in enhancing concentration, improving performance in athletes, and maintaining general health and well-being in healthy individuals.
Weekly classes on Tuesdays 5-6pm

<https://alfredu.zoom.us/j...>

Zoom Meeting ID: 944 1154 2556

Password: 210271

Link: <https://www.breath-body-mind.com/>

Submitted by: Cecilia Beach

[back to top](#)

Free Breath-Body-Mind classes on Zoom

Breath-Body-Mind is a mindful practice involving gentle movements and breath practices to help reduce anxiety and improve overall well-being.

Free classes on Zoom on Tuesday 5-6pm:

Meeting ID: 944 1154 2556 Password: 210271

See <https://www.breath-body-m...> for more information

Submitted by: Cecilia Beach

[back to top](#)

TIAA Consultant & Virtual Counseling Sessions

A TIAA consultant will be conducting virtual retirement counseling sessions on Friday, August 7; Monday, August 24; Tuesday, September 8; and Wednesday, September 23. No matter where you are in life - just getting started or planning for retirement - a session can help you create a plan for your goals; and it is at no additional cost as a part of your retirement plan. To register for one of the virtual sessions, employees should call TIAA at 1.800.732.8353 and remain on the line for assistance; or register at www.TIAA.org/schedulenow.

Submitted by: Kim Wyant

[back to top](#)

Ensemble Anthem Training Available

ITS is pleased to offer training for AU's lecture capture system, Ensemble Anthem. Ensemble Anthem can be used to record audio, video, and your screen. The following tasks will be illustrated:

- How to log into Ensemble
- How to download Anthem on your laptop
- Record a video/ screen capture

- Edit a video
- Upload a video to Ensemble
- Generate a URL for the video and place it in Canvas

The following sessions are available:

Wednesday 7/29, 10:00 am - 11:00 am (was previously scheduled for 11:00 am)
Tuesday 8/4, 1:00 pm - 2:00 pm

To sign up for one of these sessions and request the meeting link, please email Mari York at yorkm@alfred.edu.

Submitted by: Meghanne Freivald

[back to top](#)