As you prepare for exams, we know that it can be stressful studying alone, needless to say, having to study at home during the coronavirus is a whole new challenge. To assist you, we wanted to share five study tips for managing the COVID-19 stress, staying on task, and accomplishing your academic goals.

- **Make a Plan** – Planning is one of the best stress management techniques and writing your plans, notes, etc. in a paper planner can help you retain and remember more information.

- **Keep everything organized in one place.** - To avoid anything slipping through the cracks, track all of this info in one place. The point is to keep all pertinent documents and info handy in one convenient place so you can see it all at a glance, stay organized, and stress less about forgetting something. Organization increases productivity and reduces stress.

- **After studying, practice explaining what you have learned.** -
  - Practice explaining what you’ve learned to family members that are self-quarantined with you during the coronavirus outbreak.
  - Practice virtually with friends online.
  - Practice in front of a mirror.
  - Record yourself explaining what you’ve learned.

- **Tap into the power of music.** - The right type of music can be a powerful tool that can boost your mood, energy and focus. Find a study playlist that inspires you.

- **Study with friends ... ONLINE.** - While we are all doing our best to practice social distancing and reduce the spread of the coronavirus, safe social interaction is still helpful, especially for studying. Consider organizing virtual study groups with your friends to not only get your dose of socializing during self-quarantine but also to hold each other accountable to your academic goals.
During a pandemic like COVID-19, simple behaviors, like eating a balanced diet, exercising, and getting good sleep, are crucial to maintaining physical and mental health. Thanks to Mrs. Subira W. Smalls, Director, Student Health & Wellness Center, we all can remain healthy and hornet strong by following the workouts and the meal plan she has designed for us. We will share new workouts over the next few weeks.

### THREE WEEK BODYWEIGHT REGIMEN

**WEEK 1**

**3 ROUNDS**
(3-4 days/week)

- Jumping Jacks – 20 reps
- Push Ups – 20 reps
- Squat Jacks – 20 reps
- High Knees – 20 reps
- Mt. Climbers – 20 reps
- Burpees – 20 reps

**REST:** 2 Minutes between rounds

**WEEK 2**

**3 ROUNDS**
(3-4 days/week)

- **Plank Jack:**
  - Legs Only – 10 reps
  - Hands Only – 10 reps
  - Legs & Hands Together – 10 reps

- **Squat:**
  - Prison Squat – 15 reps
  - Uneven Squat – 15 reps
  - Sumo Squat – 15 reps

- **Table Around the World:** 30 seconds
- **Table BirdDog:** 30 seconds

**REST:** 2 Minutes between rounds

**WEEK 3**

**3 ROUNDS**
(3-4 days/week)

- **TUCKJUMP:** 20 reps
- **PUSHUPS:** 10 reps
- **POWERJACK:** 15 reps
- **CLAP PUSH UPS:** 15 reps
- **SIDE LUNGE:** 20 reps
- **SQUAT JACK:** 10 reps
- **T-Rotation PUSH UPS:** 10 reps
- **BUNNY HOP BURPEE:** 10 reps

**REST:** 2 Minutes between rounds
FAST TRACK 2020 ENROLLMENT UPDATE

Morris College is preparing to welcome up to 42 freshmen students to its annual Fast Track summer program. This program is on a first-come, first-serve basis. Through this program, freshmen students can take up to 9 credit hours for free, including room, board, and meals. So far, five students have committed to enrolling, three of which have submitted applications. Program begins on Tuesday, June 9th.

The following criteria must are required for admission into the Fast Track summer program:

- Application must be submitted by **Monday, May 18, 2020**;
- Applicant must be a first-year college student (transfer students are not eligible);
- Applicant must complete the Free Application for Federal Student Aid (FAFSA);
- Applicant must take Accuplacer College Placement Test (given at Morris College); and
- Applicant must test into at least one developmental course.

SUMMER SCHOOL 2020 ENROLLMENT UPDATE

Returning students who are interested in taking courses during the summer are encouraged to begin pre-registration advisement. Registration for summer school is Tuesday, June 9, 2020.
TOGETHER WE ARE

#HORNETSTRONG
COMMENCEMENT RESCHEDULED FOR
AUGUST 8, 2020

MORRIS COLLEGE

FOLLOW #MCHORNETS FOR UPDATES

STUDENT LOAN PAYMENTS DURING CORONAVIRUS (COVID-19)

On March 27, 2020, the president signed the CARES Act into law which suspends federal student loan payments from March 13, 2020, through Sept. 30, 2020.

You will automatically be placed in an administrative forbearance, which allows you to temporarily stop making your federal student loan payments. There is no action you need to take.

The U.S. Department of Education will automatically adjust your account to ensure interest doesn’t accrue (i.e., accumulate) from March 13, 2020, through Sept. 30, 2020.

Tip: Log in at StudentAid.gov. Click “My Aid” from the drop-down menu and scroll down to “Loan Breakdown.” Loans without “Dept Of Ed” listed are not eligible at this time.

Find more updates and resources at StudentAid.gov/coronavirus