**Timely Reminders**

**Checking Out**

- Work with your support network (family, friends, mentors) to determine your next steps and destination.
- Find your passport, license, any visa or other important documents. Make sure you have any necessary items like glasses, retainers, medications, prescriptions.
- Determine which items you will need to pack; to store; to ship; or to discard. More information about storage and shipping can be found at: www.chapman.edu/RLFYE

**Academics**

- Pack your notebooks, textbooks, laptop, technology, and any other devices you might need to complete your work and take them with you.
- Check your student email, and course websites (Canva and Blackboard) regularly.
- Ensure you have access to the web-based services that courses have identified as their preferred method of continuing instruction. For additional support contact Educational Technology Services edutech@chapman.edu
Timely Reminders

Communication

Panther-Alert sends emergency messages to your mobile or fixed device of choice, so you, and family members, can get emergency messages quickly wherever you are. Sign up online.

Verify your contact info: phone, email, and permanent address on the my.chapman portal.

For the most up-to-date information about Chapman’s response to Coronavirus, visit: https://news.chapman.edu/coronavirus/

Wellness

Washing your hands with soap and water or using alcohol-based hand sanitizer kills viruses that may be on your hands.

Social distancing can reduce the likelihood of transmitting Coronavirus. Social distancing measures include limiting large gatherings, and reducing contact with others.

It is normal to feel sad, stressed, confused, scared or angry during a time with lots of change. Calling or texting to connect with friends and family can be helpful in finding support. Visit: www.chapman.edu/spcs