



STUDENT
ENGAGEMENT

Weekly Newsletter

December 6, 2021 | Finish Strong



TIPS FOR AVOIDING THE HOLIDAY BLUES

Beat the Holiday Blues



Many people feel that the winter holidays, despite their magical appeal, create added stress to our already busy lives. It's also true that experiencing increased sadness or melancholy is not uncommon during this time of year. Some consider the lack of daylight to be a factor in the struggle, while others admit that spending more time with extended family is emotionally challenging. Whatever the source of our stress - be it final exams, family, or the earth's sun-orbiting pattern - if we anticipate the stress, we can plan for some extra self-care in this busy month.

Here are some tips for healthy holidays:

- Stick to normal routines as much as possible.
- Get enough sleep.
- Take time for yourself, but don't isolate. Spend time with supportive people.
- Eat and drink in moderation. Don't drink alcohol if you are feeling down.
- Get exercise—even if it's a short walk.
- Make a to-do list. Keep things simple.
- Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.
- Set a budget for holiday activities. Don't overextend yourself financially in buying presents.
- Listen to music or find other ways to relax.

-Tips adapted from Nami.org

HAPPY HOLIDAYS!

Ann Whelan

Associate Director of Counseling Services

FINISH STRONG EVENTS THIS WEEK



Check out all the events below that will help you relieve stress and prepare for final exams, which are December 15th to December 21st.

Mindful MassBay: Mondays & Thursdays @ 3-3:30pm

All are welcome to join us for this free 15-minute guided mindfulness meditation for health and wellness. No experience is necessary.

Join us [HERE](#)

Virtual Yoga: Tuesdays & Fridays @ 2-3pm

*The MassBay Department of Athletics, Recreation, and Wellness is sponsoring virtual yoga classes. These weekly classes are free to all MassBay students, faculty, and staff. Certified E-RYT200 yoga instructor **Peter Kelly** will lead the classes.*

To receive the Zoom link to the classes, please email athletics@massbay.edu.

Origami Stress Reliever: Wednesday, December 8 @ 1-2pm

Relieve some stress and fold paper with us before you crush those finals! Bring any type of paper (square if you have it) and we will walk you through some simple origami designs!

Join us [HERE](#)

Jindo Musical Bingo: Wednesday, December 8 @ 7-8pm

IT'S BINGO WITH A BEAT! Jindo is the music bingo party game of skill and luck that's FUN for everyone! Join the CCSLA and your fellow Massachusetts Community Colleges for a game that mixes name-that-tune with bingo.

Click this link to join the Zoom: <https://tinyurl.com/jindojosh>

Paint Night: Thursday, December 9 @ 7-9pm

At this point, since we only have 1 event left, we are not mailing out supplies anymore, but feel free to sign-up and join us with your own supplies! You will need a canvas or piece of paper, paint brushes, and primary color paints.

Sign-up [HERE](#)

Get Ready for Finals: Friday, December 10 @ 1-2pm

Join the Massbay Peer Mentors for a conversation about getting ready for finals, time management skills, studying skills and finishing the semester strong!

Join us [HERE](#)

Coco & Cram: Thursday, December 16 @ 7-9pm

Join the Peer Mentors for a late night study session in the Peer Place! Sign up by Thursday, Dec. 9th to get a free delivery of hot chocolate supplies for the event. Join in to hang out with other students, get help creating a finals schedule, or to just need help staying focused and studying this finals week.

Sign up [HERE](#)

COVID Updates & Vaccine Requirements for Spring

Who is required to provide proof of the COVID-19 vaccine?

For the Spring 2022 semester, any student who is planning to come to any MassBay campus and/or affiliated clinical sites will need to provide proof of the vaccine. This includes the following:

- Students who are enrolling in any face-to-face class on-campus.
- Students who are intending to use any on-campus services and resources.
- Students who are required by program or activity to be vaccinated as a condition of participation (e.g. athletics, clinical placements).



What if I choose not to submit proof of the COVID-19 vaccine?

For the Spring 2022 semester, students who have not submitted their proof of vaccination are only eligible to register for solely online and remote classes and will only have access to virtual student services.

When do I need to be fully vaccinated by and what does “fully vaccinated” mean?

- For the Spring 2022 semester, students must be fully vaccinated by Tuesday, January 18, 2022.
- Fully vaccinated is defined as two weeks after someone takes the Johnson & Johnson vaccine or after taking their second Pfizer or Moderna dose.

For instructions on uploading your proof of vaccination please visit:

<https://www.massbay.edu/immunization>

----- VACCINE TIMELINE -----

Students must be fully vaccinated by Tuesday, January 18, 2022.

Any student who has not submitted proof of vaccination by January 18, 2022, will be dropped from their face-to-face classes. Students who register for face-to-face classes after January 3, 2022, will need to provide proof of vaccination immediately after registering for classes.

To be fully vaccinated by January 18, 2022, the following deadlines must be met:

MODERNA

1 DAY LEFT

1st Dose by December 7, 2021

2nd Dose by January 4, 2022

PFIZER

7 DAYS LEFT

1st Dose by December 14, 2021

2nd Dose by January 4, 2022

JOHNSON & JOHNSON

29 DAYS LEFT

One Dose by January 4, 2022



Need **help** with the **FAFSA?**

Text **"Hello"** to **(857) 309-2942**

STUDENTS AT MASSBAY COMMUNITY COLLEGE CAN TEXT ANYTIME.

A uAspire Advisor will text you back within 24 hrs
(Mon-Fri) to help you complete the FAFSA and answer other financial aid
questions. We provide support over text, Zoom, or phone call.



uAspire's FAFSA Help Center is 100% Free & Confidential

UASPIRE IS A NONPROFIT ORGANIZATION ENSURING THAT ALL YOUNG PEOPLE HAVE THE FINANCIAL
INFORMATION AND RESOURCES NECESSARY TO FIND AN AFFORDABLE PATH TO AND THROUGH COLLEGE.

[Haga clic aquí para obtener una versión en español!](#)



Visit the
Virtual Events Calendar
in OneLogin for more events,
event links and additional information!



Virtual Events

LIBRARY NEWS & EVENTS

**Make sure to check out the Library's
Fall Workshops and LibGuides!**

NEA Big Read - An American Sunrise

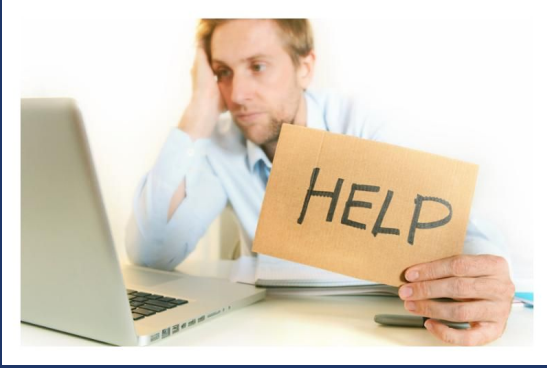
MassBay Community College Library, in partnership with Framingham State University, the Framingham State Danforth Art Museum, Framingham Public Library, and the Smithsonian Institute, will use a \$19,970 NEA Big Read grant to coordinate community reading program focusing on An

American Sunrise by Joy Harjo, the first Native American Poet Laureate of the United States.. A keynote event featuring Joy Harjo will take place on December 8, 2021.

[Click here to register.](#)



**NEED HELP?
HAVE QUESTIONS?**



VISIT THE VIRTUAL Q & A CENTER!

Connect virtually with a member of our Support Squad through WebEx. The MassBay Support Squad is available to answer a wide range of questions!

www.massbay.edu/ask

Student Engagement | [Visit our website](http://www.massbay.edu/ask)

