



KEEP COMMUNITY. STAY INFORMED. BE WELL.

STUDENT ACTION PLAN

Social distancing and changes in our daily work routines can affect our health and wellbeing in various ways. It is critical that students focus on their wellbeing, stay informed, and keep community with peers while working remotely, taking classes online, and practicing social distancing during the COVID-19 outbreak.

Please use this action plan to create a plan for your group (student organization, sorority, fraternity, peer mentor group, residence hall house, etc.) to **KEEP COMMUNITY**, **STAY INFORMED**, and **BE WELL**.

Work on this collaboratively with others to build buy-in and accountability among your group.

DEFINITIONS:

- **GOAL:** Explains what you would like to accomplish. A sample goal is provided above each table - you can update the goal to best fit your group.
- **STRATEGIES:** Describes the detailed strategies you will do to accomplish your goal for each area. Use the examples to help you.
- **PERSON(S) RESPONSIBLE:** Describes who will be in leading the strategies and is accountable for its completion.
- **TIME FRAME:** Describes when this strategy will occur (may give either start/stop dates or a completion date).
- **RESOURCES:** Describes resources to be utilized to achieve this objective (e.g. what will you need)
- **BARRIERS:** Describes what may prevent you from completing the strategy. How will you work to address it do you can successfully complete it.

EXAMPLES OF STRATEGIES

Use this list to help you **brainstorm** ideas for strategies you can use in your action plan. **Be creative and develop your own ideas!** Many great ideas are being shared on social media - use those to include in your action plan.

KEEP COMMUNITY

- Share a virtual meal (Breakfast, Lunch, Dinner) with your group.
- Plan to do video calls (vs texting).
- Write a thank you note/email to first responders or others helping with COVID-19. Plan a way to support an organization in need.
- Tour a [museum, zoo, or national park](#) virtually and video chat with a friend about it.
- Plan virtual meetings with your group or student organization to stay connected
- Check in on your friends/classmates proactively. If you notice changes in their thoughts, behaviors, or emotions, connect them with university resources and reach out for help.

STAY INFORMED

- Share information about [Crisis Resources](#)
- Share information about [Iowa State University COVID-19 Updates](#)
- Share information about [Academic Success Center](#)
- Share information about [Student Health and Wellness](#)
- Share information about [Registrar](#)
- Share information about [Dean of Students Office](#)

BE WELL

- Enjoy a virtual relaxation exercise offered on [Student Counseling Services webpage](#)
- Start a group meeting with having everyone go around and share something positive that happened to them this week
- Share a message of [gratitude](#) with someone. Write them a message or letter and send it.
- Engage in a few minutes of [deep breathing](#) throughout the day.
- Take a study break and learn something [new](#).
- Make plans to set boundaries on your news intake and social media use.
- Engage in regular movement you enjoy. Do online recreation and fitness activities with [Recreation Services](#) and other resources.
- Prioritize your sleep. Practice [good sleep hygiene](#) to improve your sleep quality.
- Connect with [Academic Success Center](#), [Writing and Media Center](#), and [Parks Library](#) for academic support services



KEEPING COMMUNITY

GOAL: MAINTAIN A SENSE OF BELONGING AND CONNECTION AMONG OUR GROUP DURING REMOTE WORK, SOCIAL DISTANCING, AND ONLINE CLASSES

STRATEGY	PERSON(S) RESPONSIBLE	TIME FRAME	RESOURCES	WHAT ARE THE POTENTIAL BARRIERS? HOW CAN YOU ADDRESS THEM?
EXAMPLE: Host a weekly virtual dinner with our peer mentor group	Brian (social chair)	Weekly, Starting March 30	-Laptops -Video Conferencing	
STRATEGY 1:				
STRATEGY 2:				
STRATEGY 3:				
STRATEGY 4:				



STAYING INFORMED

GOAL: STAYING INFORMED WITH UP TO DATE INFORMATION AT ISU DURING COVID-19, AND STAYING INFORMED WITH UP TO DATE INFORMATION ON ANY CHANGES OR UPDATES TO UNIVERSITY AND COMMUNITY RESOURCES

STRATEGY	PERSON(S) RESPONSIBLE	TIME FRAME	RESOURCES	WHAT ARE THE POTENTIAL BARRIERS? HOW CAN YOU ADDRESS THEM?
EXAMPLE: Send a weekly email to my group that includes information about COVID-19 from ISU webpage	Brian	Weekly, Starting March 30	-Email draft -Web link	
STRATEGY 1:				
STRATEGY 2:				
STRATEGY 3:				
STRATEGY 4:				



BEING WELL

GOAL: ENHANCE OUR GROUP WELLBEING DURING REMOTE WORK, SOCIAL DISTANCING, AND ONLINE CLASSES

STRATEGY	PERSON(S) RESPONSIBLE	TIME FRAME	RESOURCES	WHAT ARE THE POTENTIAL BARRIERS? HOW CAN YOU ADDRESS THEM?
EXAMPLE: <i>At the start of each student organization meeting, we will do a 5-minute deep breathing exercise</i>	<i>Brian (president)</i>	<i>Weekly, Starting March 23</i>	<i>- Deep breathing video from Student Wellness</i>	
STRATEGY 1:				
STRATEGY 2:				
STRATEGY 3:				
STRATEGY 4:				

