



# Feather River College

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## **Update to Students: 5/18/2020**

Good afternoon-

It's finals week! You've made it!

Remember to take study breaks, fuel your brain with healthy food, and get enough sleep!

Below are some updates for the week:

### **Book Buyback and Book Loan Returns**

Campus is not yet open to the public, therefore the Bookstore is currently closed. We have partnered for a Virtual Sellback through Nebraska Book Company. Get started [HERE](#).

If you borrowed books from the library or through EOPS, CalWorks, Student Success Program, etc. they can be returned to the library's outdoor book drop located at the street entrance of the library, about 10 feet to the right of the library entrance. (This is an exception to be on campus. Offices are closed to the public and services remain online at this time.)

### **Graduation**

If you have not yet submitted a photo for the virtual graduation, please do so ASAP! It can be uploaded [HERE](#) or emailed to [gbaumgartner@frc.edu](mailto:gbaumgartner@frc.edu). Photos do not need to be professional, we have received a variety, with and without caps, in athletic uniform, from academic programs, etc. The Graduation video will premiere from our website ([frc.edu](http://frc.edu)) Friday, May 29<sup>th</sup> at 5:00 pm. More information [HERE](#).

### **May is Mental Health Awareness Month.**

Lime green is the national color of mental health awareness. May is a month dedicated to help raise awareness about mental health issues, promote good mental health practices, and encourage people to support others around them.



## **Be Kind to Your Mind**

### **Tips to cope with stress during COVID-19**

**PAUSE.** Breathe. Notice how you feel

**TAKE BREAKS** from COVID-19 content

**MAKE TIME** to sleep and exercise

**REACH OUT** and stay connected

**SEEK HELP** if overwhelmed or unsafe

\*Contact Dora or Nick to schedule an appointment with our Wellness Center: [dmitchell@frc.edu](mailto:dmitchell@frc.edu) or [nmaez@frc.edu](mailto:nmaez@frc.edu)

**Student Housing**

If you lived in student housing this year, emails were sent last Friday with details regarding the move out procedures. Residents MUST schedule a time to pick up their belongings and check out. If you did not receive an email or have questions, please contact the housing office at 530-283-9414 or [frchousing@frc.edu](mailto:frchousing@frc.edu)

**Other Reminders**

- The Scholarship application is still open. More information can be found [HERE](#)
- This is the last week to complete the Year End Student (YES) Survey. Please share your feedback [HERE](#). We are hoping to collect 50 more responses this week. Yours matters!
- Registration is open for Summer and Fall – contact your advisor to sign up for classes.
- If you have a quick question, try out the new Live Chat on the FRC home page!

Information will continue to be sent to student email over summer as needed. Also keep an eye on social media and our website for updates.

Congrats to our grads and we hope to see many of you back in August!