Hello everyone! It’s me again, Kelly, from Exploring College. This will be our LAST edition of the newsletter for now. We’ve really enjoyed creating content for you and hope you’ve been enjoying it too! We may return in the summer. As always, feel free to email exploringcollege@vassar.edu if you have any questions or requests regarding our newsletter!

Summer Opportunity with Us!

Every summer Exploring College hosts our Summer Intensive! Typically this is a two-week residential program on Vassar’s campus. Though we are unable to be residential due to COVID-19, our program is still happening! Read below for information about our program and how to apply!

What is the Exploring College Summer Intensive?
The Summer Intensive is a two-week extension of our program for high schoolers to take a course with Vassar professors, learn more about college life and participate in hands-on learning experiences. Our 2020 curriculum theme is Climate Change, taught by Professor Pinar Batur in the Sociology Department, and Jen Rubbo, the director of the Environmental Cooperative at the Vassar Farm. Our program also focuses on preparing for the college application process and connects high schoolers with mentors who are current college students.

How will the program work be different due to the pandemic?
As mentioned, we will unfortunately not be a residential program this summer. We plan to host our program online, but we will have many different formats to make sure our program is as creative and interesting as it would be in person! We have developed projects and fieldwork opportunities you can do from your home that will build tangible skills to aid you in the future. Depending on the restrictions come July, we hope to also include in-person components wherever possible.

How much does it cost?
Our program is totally FREE!!

How can I apply?
Visit our website! You will be able to use our online forms to apply (found at the very bottom of the page), or you can download the pdf version of the application and submit it via email or regular mail. The link to our website is here: https://www.vassar.edu/urban-education-initiative/programs/exploring-college/summer-intensive/

Is there a deadline?
The deadline to apply is June 15th.

I have more questions!
Check out our website for more information! You can also email exploringcollege@vassar.edu and we will answer your questions!
More Productivity Tips!

In our last newsletter, we gave some tips about how to be productive during these really challenging times. Our mentors know how hard it is to stay motivated and get work done—they’re in the midst of Vassar finals right now! They’ve helped by pooling together more ideas that have helped them make it through the semester and will hopefully help you too!

1. Find a good playlist!
Listening to music can make your work more enjoyable and can help you focus! The key is to pick something that will help you with your work, not distract you. Our mentors suggested a few different playlists on Spotify to try out: “Instrumental Funk,” “Gold Instrumental Beats,” “Best of Bebop,” and “Lo-Fi Beats.” If you don’t use Spotify, you can also find playlists on YouTube. Our mentors recommended Shine Music’s “Summer Mix” playlist. I personally like to listen to music in other languages while I work because then I don’t get distracted by the words.

2. Download the forest app for your phone!
There are a lot of different productivity applications you can get for your phone or even as extensions for different internet browsers. One popular one of called “Forest” which is available on the App Store for only $2. It also works as an extension of FireFox and is on GooglePlay. The app has a timer for your work and if you stay focused, a little tree will grow on your screen! If you get distracted, your tree will stop growing. You can collect different kinds of trees and the more productive you are, the more your forest will grow! The company even plants trees in real life as part of the app. If this one isn’t for you, you can browse for other productivity apps that look intriguing to you! These kind of apps can help your work feel a little bit more fun and keep track of how hard you’ve been working.

3. Try the “2 in 1” method!
Pick out two assignments, one that is easier for you and one that is more challenging. Start with the more challenging assignment and when you start to lose focus, switch to the easier one. Then, decide how much you will complete before going back to the harder one and repeat again. One of our mentors says, “I would do this with readings and my math or chemistry problem sets. Read a page, switch to do 5 problems, go back to read a page, switch to do 5 problems, and if I find I can read more than one page without getting distracted I’ll keep going.” This will help you take breaks while still being productive, even if you’re having a hard time focusing for long periods.

4. Try working at different times of day!
One good thing about not being in school all day is that you can really set your own schedule. This comes with a lot of challenges, like being able to self-motivate, but it also gives you a lot of freedom! If you can, experiment with doing work at different times of day to find out when you are most productive. I find that I work best when there is natural light, but I am also not a morning person. I have a hard time focusing when I’m tired after just waking up, so I work best in the early afternoon! Since I know this, I plan to do my most important or most challenging work when I know I will be most productive. Try out different schedules for yourself and see what works best!

Follow us on Social Media!
Instagram: @vcexploringcollege
Facebook: Vassar College Urban Education Initiative – VCUEI
Wellness Tips

Continuing with our information from previous newsletters, here are some ideas to keep yourself going, along with other important information from the county.

Crossword and Other Puzzles:
We’re sorry you had to wait a bit longer for the answers to last newsletter’s puzzles, but here they are now!
The answer to the Cryptogram was:
“Yeah, I’m gonna take my horse to the old town road
I’m gonna ride ‘til I can’t no more.” (recognize the song?)
Though we’re taking a pause on newsletters for now, you can find many other crosswords or sudoku puzzles online! Here is a link to some past New York Times crossword puzzles to start with:

Exercise:
It is so important to stay active! Here are some YouTube-accessible workout ideas that you can do from your home!
Try HIIT (high intensity interval training) workouts from Pamela Reif, linked below. These are 10-30 minute workouts, which are perfect to do in between assignments when you need to take a break!
https://www.youtube.com/channel/UCVRrKASBZk10oAn7Icg

If traditional workouts (like the one above) don’t really work for you, try other kinds! Some other options are Zumba or Shadowboxing. There are tons of free YouTube videos and channels with these kinds of workouts, and they don’t require any equipment so you can do them at home!

You can also break out some childhood activities, like hula hooping or jumping rope. You might be surprised at how much of a workout these can be, and they’re still fun!

COVID Resources and Information:
If you are not feeling well (or someone you know), Dutchess County has put together informational flyers to help you know what to do next. The flyers also have information about how to protect yourself or access to important resources, like food and transportation. You’ll find these flyers at the end of the this newsletter.

Suggestions!

Music:
Album: After Hours (The Weeknd)
Artist: Gloria Tells

TV Shows/Movies:
Big Mouth (Netflix)
The Office (Netflix)

1. Creative:
Write a story that includes these words:
- answer
- camp
- magic
- quaint
- forbid

2. Personal:
What’s the best book you ever read for school?

3. Opinion:
Should we all be able to vote by mail?
WOMEN OF DISTINCTION

TARA  SASH  ALMA
ORAL  ALIKE  LEAF
MARIE  CURIE  MAYA
STEELER  ELEANOR
NOD  ARSON
CLASP  IRRS  NADIA
ELI  ELSA  ASCEND
DADS  EMILY  SPUD
AMELIA  SING  TSE
RADIO  SIBOOHED
TWAIN  INN
EARHART  ANNETTE
ALOE  ICESKATERS
STAR  SOLES  WAIT
TORY  EMMA  OLGA
WHAT ARE THE SYMPTOMS?

- Shortness of Breath
- Fever
- Cough

COVID-19 symptoms may appear in as few as 2 days or as long as 14 days after exposure.

WHAT IF I AM SICK?

- Stay home when you are sick! Rest, recover, avoid others.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
- Call your doctor if you have flu like symptoms.

If you believe you have contracted COVID-19, call ahead to your primary care doctor or urgent care so that they can take necessary precautions upon your arrival. Do NOT go directly to the hospital unless you are in distress.

HOW TO GET TESTED

Testing is available by appointment only at MidHudson Regional Hospital, 241 North Road, Poughkeepsie NY 12601.

Call (845) 303-2727 to be screened and if appropriate, an appointment will be scheduled.

For information on other testing sites contact the Coronavirus Hotline at (845) 486-3555 or visit: dutchessny.gov/coronavirus.
HOW TO PROTECT YOURSELF & OTHERS

- Wash your hands regularly! Avoid touching your face, eyes, nose etc.
- Disinfect frequently touched surfaces and objects. Viruses can survive for days on surfaces.
- Practice Social Distancing. Keep at least 6-feet between you and others.
- Stay home when possible. Only go out when absolutely necessary.
- Face coverings must be worn by everyone outside of their home.

USING A CLOTH FACE COVERING AS A MASK

Face coverings must be worn by everyone outside of their homes to help protect against Coronavirus, including essential workers in retail, service and other industries. Wearing cloth face masks prevents people who may have the virus and do not know it from transmitting it to others.

Cloth face coverings fashioned from household items can stop the spread of COVID-19 when traditional surgical masks and N-95s aren’t available and when significant social distancing is not possible.

Masks are NOT a substitute for social distancing.

CLOTH FACE COVERINGS SHOULD:

- Fit snugly but comfortably against the side of the face
- Include multiple layers of fabric
- Allow for breathing without restriction

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

CONTACTS & RESOURCES

- Office for the Aging 845-486-2555
- Adult Protective Services 845-486-3300
- Grace Smith House 24-Hr 845-471-3033
- House of Hope 24-Hr 845-765-0294
- Family Svs Domestic Violence 24-Hr 845-485-5550
- Family Svs Crime Victims 24-Hr 845-452-7272
- N.Y.S. Child Abuse Hotline 1-800-342-3720

CORONAVIRUS MENTAL HEALTH SUPPORT

Dutchess County HELPLINE
Call or Text 24/7 845-485-9700

NYS Coronavirus Emotional Support Helpline
Available 7 days/week 8AM-10PM
1-844-863-9314
OPRIMA
PARA TRANSPORTACIÓN
Si necesita hacer un viaje necesario y esencial a la oficina de un doctor, para recoger prescripciones, o para otros fines críticos oprima 6 y usted se conectará con voluntarios.

OPRIMA
PARA INFORMACIÓN

OPRIMA
5 PARA COMIDA
El Condado de Dutchess estableció una conexión única entre los recursos alimentarios de nuestra comunidad y aquellos con una necesidad crítica de alimentos y otras necesidades oprima 5 para este recurso.

OPRIMA
6 PARA TRANSPORTACIÓN
Si necesita hacer un viaje necesario y esencial a la oficina de un doctor, para recoger prescripciones, o para otros fines críticos oprima 6 y usted se conectará con voluntarios.

OPRIMA
7 PARA SER VOLUNTARIO
El Condado de Dutchess continúa proporcionando a los residentes la información más actualizada y orientación en línea. dutchessny.gov/coronavirus
También puede seguir al Gobierno del Condado de Dutchess en las redes sociales!

MARCUS J. MOLINARO
Ejecutivo del Condado de Dutchess

CUÁLES SON LOS SÍNTOMAS

Los síntomas de COVID-19 pueden aparecer en tan sólo dos días o hasta 14 días después de la exposición.

SI ESTOY ENFERMO

Si usted cree que ha contratado COVID-19, llame con antelación a su médico de atención primaria o atención urgente, para que puedan tomar las precauciones necesarias a su llegada. No vaya directamente al hospital a menos que esté en angustia.

DONDE ME HACEN LA PRUEBA
Las pruebas solo están disponibles con cita previa en MidHudson Regional Hospital, 241 North Road, Poughkeepsie NY 12601.

Llame (845) 303-2727 para ser examinado y, si procede, se programará una cita.

Para obtener información sobre otros sitios de pruebas, póngase en contacto con la Línea Directa de Coronavirus al (845) 486-3555 o visite: dutchessny.gov/coronavirus.
CÓMO PROTEGER A LOS DEMÁS

Lávese las manos regularmente! Evite tocarse la cara, los ojos, la nariz, etc.
Desinfecte las superficies y objetos que se tocan con frecuencia. Los virus pueden sobrevivir durante días en superficies.
Práctica Distanciar Social. Guarde al menos 6 pies entre usted y otros.
Quédese en casa tanto como sea posible. Sólo salir cuando sea absolutamente necesario.
Cubiertas de la cara deben ser usadas por todos fuera de su hogar.

USO DE TELA COMO MÁSCARA FACIAL

Las cubiertas faciales deben ser usadas por todos fuera de sus hogares para ayudar a proteger contra Coronavirus, incluyendo trabajadores esenciales en el comercio minorista, servicio y otras industrias. El uso de máscaras faciales de tela evita que las personas que pueden tener el virus y no lo saben lo transmitan a otros.

Las cubiertas faciales de tela confeccionadas a partir de artículos del hogar pueden detener la propagación de COVID-19 cuando las máscaras quirúrgicas tradicionales y el N-95S no están disponibles y cuando no es posible un distanciamiento social significativo.

Las máscaras NO sustituyen el distanciamiento social.

MÁSCARAS FACIALES DE TELA DEBEN:
- Sea ajustada, pero cómodamente contra los lados de la cara
- Incluya capas múltiples de tela
- Permita respirar sin restricción

Las personas deben tener cuidado de no tocar los ojos, la nariz y la boca al quitar la cubierta de la cara y lavarse las manos inmediatamente después de quitarla.

CONTACTOS Y RECURSOS
Oficina del Envejecimiento 845-486-2555
Servicios Protectivos de Adultos 845-486-3300
Grace Smith House 24-Hr 845-471-3033
House of Hope 24-Hr 845-765-0294
Svcs Familiares Violencia Domestica 24-Hr 845-485-5550
Svcs Familiares Victimas de Crimen 24-Hr 845-452-7272
N.Y.S Línea Directa de Abuso Infantil 1-800-342-3720

APOYO A LA SALUD MENTAL DEL CORONAVIRUS
Teléfono de Ayuda del Condado de Dutchess
Llame o Texto 24/7 845-485-9700
Teléfono Directo de NY para Apoyo Emocional del Coronavirus
Disponible 7 días/semana 8AM-10PM 1-844-863-9314

E. Kozlowski