Yes, to Wellness!
Feeling overwhelmed, sad, anxious or afraid, or experiencing other symptoms of distress in the era of social distancing and COVID-19? Check out these free great resources on how to manage stress and get help when you need it. Visit: https://nycwell.cityofnewyork.us/.

LEAPing Strong: Daejahnel Thompson ’23 Shares Success Strategies
What have been the biggest challenges and opportunities with moving classes online and studying at home?
Really, it's just been trying to get away, to find the actual time to do my work. I'm home, which for a Caribbean parent translates into having to do work around the house, instead of "laming around" with a laptop and technology. Basically, there is a general misconception that even though I am home a lot more these days, I still have to do schoolwork...and a lot of it! Besides that, one gets tired of being in the same environment and continuously trying to separate one’s mind from school and other stuff.

Did anything change in the way you prepare for class?
No, I still prepare for class the same way.

What is your daily routine? How do you prepare for classes each day?
My daily routine differs depending on what’s being asked of me in my home. Things I try to keep consistent are hygiene time, working out, and time to unwind.

With everything that is going on right now, what would you say to encourage your fellow JJAY/LEAP students?
I would just say to hold on, we're almost at spring break and after that the semester will be over fairly quickly. So, just do what you're able to do when you can and try to avoid overthinking and overstressing.

Upcoming Events: Network with Ayana Sorett, former Assistant District Attorney at the New York County District Attorney’s Office
Monday, April 20, 9:30-11:00 AM, Zoom Meeting
RSVP on John Jay Careers Online Events/Workshop: https://jjay-cuny-csm.symplicity.com/
Ayanna Sorett is a Fellow at Columbia University’s Center for Justice and a lecturer in the Department of African and African American Diaspora Studies. Ms. Sorett spent 15 years as an Assistant District Attorney in the Manhattan District Attorney’s Office where she prosecuted a range of criminal cases, including violent street crime, domestic violence, identity theft, white-collar crime, homicides, gangs, and gun trafficking conspiracies. Ayanna is a graduate of Tufts University and Northeastern University School of Law.

Resources You Can Use
- Food Assistance: https://www1.nyc.gov/assets/dsny/contact/services/COVID-19FoodAssistance.shtml
- Meditation/Mindfulness Exercises: www.headspace.com/ny
- SASP Toad’s Time Tactics for Distance Learning: https://bit.ly/toadstimetactics