Words of Wisdom from SuperLEAPERS: Since the beginning of the Covid-19 pandemic, the LEAP Community has grown stronger than ever!! SuperLEAPERS have been reaching out to their peers to share best practices in remote learning, self-care, and most importantly words of wisdom and encouragement. Here are a few excerpts from what makes us LEAP STRONG:

“This lockdown can be beneficial: Take advantage of it to study at your own pace and show yourself some mercy!” Derek Sanchez

“Make time for personal hygiene, work out and unwind! Do the best you can, when you can, and try to avoid overthinking and overstressing.” Daejahnel Thompson

“Make sure to eat breakfast and take a bath every morning. While you may not like online learning, it is time to embrace it! If you find yourself struggling, talk to your professors or email one of the school's help centers.” Aarifah Surujlal

“Don't lose focus. Maintaining your focus and putting in the hard work will get you through this semester with good grades.” Siddharta Das

“I remind myself and my peers that although we’re apart, we’re still going through this together as a community and that we can and should lean on each other for support!” Jannet Musleh

“I’ve formed deep connections with students from my classes. We help each other and are on the phone every day.” Ellmina Djecbitric

“We’re struggling together, and although it may seem counterintuitive, that’s how we’ll get through this, together. If you want or need help, don’t suffer in silence, tell someone. Take an interest in your friends and family, be extra kind.” Melkisedic Francois

“Mental health always comes first. If you need a break, take it!” Ashley Green

Upcoming Events

- Peer Educator Q & A – Tuesday May 12, 1:40–2:40 PM. Zoom Meeting ID: 912 7166 0606, password 211736.

Resources You Can Use

- Emergency Assistance is available. Apply at: https://johnjaycollege-ugmtg.formstack.com/forms/sefgrantapp.
- Wellness Center Remote Counseling is available Monday-Thursday, 10 AM-6 PM. Contact Dr. Corey Head at: chead@jjay.cuny.edu.