

My dear colleagues,

At the end of what has been a hectic and demanding day for most if not at all of us, I want to check in with you. How are you? How is the first day of the remote transition affecting you and your students?

Thank you for reaching out with comments and questions, if you have done so. And thank you for the many reassuring and empathetic communications you are engaging in with students and peers.

May I remind you of the Hippocratic oath that medical students take upon graduation? “First, do no harm.” This is sound advice for our teaching and at present, in our decisions regarding conversations with our students and changes in our courses to make remote methods of instruction work with our needs. I might amend this to more positive language: “**First, make the kind choice.**”

Many of you may wonder if others share your questions; here is a short list of those I’ve received in the past 24 hours:

1. **What do we do for students with no or limited access to the internet and the technologies (computers, smartphones, software) they need to continue with classes?**
2. **How do we continue to accommodate students with disabilities (e.g., hearing, vision, mental health)?**
3. **What do I do if my internet access and technologies aren’t reliable, available, or up to date?**
4. **How can I get help if I need hands-on, step-by-step help understanding Blackboard at a beginner’s level?**
5. **How can I move my course to remote teaching and learning if I’m already overloaded and overwhelmed? Are there more reasonable expectations and advice for those of us with extremely limited time (and energy)?**

If you recognize any of the above questions and are grappling with the answers, rest assured we are working on both the facts and the practices. We will resolve these together, with the many staff and faculty experts here at John Jay and across CUNY. Please stay tuned.

To wrap up, let’s consider self-care. Please cover these basics with yourselves:

- Drink plenty of non-caffeinated, unsweetened fluids.
- Make good choices about what you eat, and eat regularly.

- Prioritize sleep and letting your minds and bodies rest and recover.
- Give yourself permission to take breaks.
- Make conscious choices to wait 5, 15, or 30 minutes before responding to communications that trigger strong emotions. This is a volatile time.
- Do less. Focus more.
- Be kind to yourself and others in speech and action.

Have a restorative and heartening evening. Thanks for being the good people you are.

Until tomorrow,

Gina