

March 18th, 2020

This memo provides information for all daytime and Continuing Education students

As the College shutdown now hits day 4, it is important for you to remain engaged in your education and learning. At present, the government has not made any new announcements concerning the return to school or the academic year. Monitor the *myChamplain Omnivox* Portal (including LEA and MIO) daily for information. With this in mind, here are a few tips to help you keep up with your learning and work:

Practicing good study habits at home

- Create a routine & manage your time;
- Find a location in the house free from distractions;
- Avoid using your bed and lying down to study;
- Set a time, the same time every day, and stick with it until it becomes a routine;
- Dress for school. Get out of those pajamas;
- Create an on-line study or chat group. One, two, three... group size does not matter;
- Support each other and hold each other accountable for the group learning.

Do not forget the valuable on-line resources from the library

- MIO a Reference librarian, there is one on standby to help.
- <https://libraryguides.champlainonline.com/Library>.

Health Services

- With Health Services closed, you can access the Clinique Jeunesse at the CLSC in St-Hubert or Brossard for all NON-CORONAVIRUS health matters.
- These are “sans rendez-vous” clinics and you must mention you are a Champlain College student.

Financial Aid

- The government has confirmed that there will be no interruption of services for students receiving Quebec loans and bursaries. If there are any issues about Financial Aid, the Food Bank or the Emergency Student Loan Fund please MIO Dave Persons or email him at dpersons@crcmail.net

Counselling Services

- There are many community resources if you require assistance:
 - Centre de crise L'Accès : 450-679-8689
 - Kids Help Phone : Text CONNECT to 686868 or 1-800-668-6868
 - Suicide Prevention Hotline : 1-866-277-3553
 - Tel-Aide Listening Support Line: 514-935-1101
 - CAVAC (Centre d'aide aux victimes d'actes criminels/Crime Victims' Assistance Centre) 1-866-LE CAVAC (1-866-532-2822)
- Please click on this link for a more comprehensive list of resources:
<https://www.champlainonline.com/champlainweb/students/student-services/counselling-services/>

Stay Safe, check in on your neighbors and check back here for more updates.