

Surviving Spring Episode One Transcription

Hello and welcome to the surviving spring quarter podcast presented by Warren student affairs on WOAHH or the Warren Online activities Hub. My name is Jacob, he /his / him and I will be your host throughout this virtual spring quarter. You're probably wondering "who are you?" that's a pretty deep question but I guess to start things off let me tell you a little bit about myself. I am a fourth year political science major with minors in history and law and society. Yeah I get it, it's very cliché for a poli-sci major but anyways this is also my last quarter here I've been involved with Warren throughout many various programs such as (W. C. S. C.) Warren College Student council, Orientation shout to my groups twelve and twenty seven and also now as the student affairs intern.

That's a little bit about who I am and how I'm involved within Warren now your next question is probably "what the heck is this surviving spring quarter podcast?" let me tell you I don't know either -haha- kidding all jokes aside this is one of the many ways Warren is moving to make some programming online since you know we gotta practice at six feet social distancing also it lets me keep my job which is kind of nice because I got rent to pay but with all these new changes I now have my own podcasts it's mine that's pretty cool when I think about it because it's always been one day I'm going to make podcasts and look at me now I have a podcast -who would've thought not me- now if people tune in that's a different story now I hope I answered some of your questions at least and lets kind of just get into what you should expect with this podcast.

Since the student affairs office was so kind to give me my own creative freedom I will discuss various ways that I will be surviving this spring quarter hopefully in listening to my podcast you'll make some take some of the ways that I'm doing this virtual spring quarter and implement them into your plans on surviving with that being said my topic this week is how to navigate zoom university.

So I don't know about you all but during spring break I was ready for chaos to occur everything seemed like it was up in the air was I even gonna be able to walk this quarter? that's a whole different story. Now if I'm being honest I couldn't wait to see how chaotic this could be because let's be honest who doesn't love a little chaos every once in awhile so Sunday before classes started and I saw zero zoom links and I thought to myself this is it this is what I waited for uh we're gonna see some chaos ensue no one's gonna know it's going to be happening uh but boy was I wrong, my professors seem to have it all under control they fooled me maybe they forgot to publish the canvas website I don't know but anyways going into all my classes I was pretty skeptical but also kind of dreading it. With it being my last quarter I was especially dreading it and just kind of an

interested in what was going to be going on but as I attended my classes virtually and with professors going through the syllabus I saw how you know this quarter which I thought was going to be kind of annoying I guess you can say kind of seem like it's going to be all right they read through the syllabuses and I understood that they were also people too, they understood what we were going through they've changed requirements they made sure that uh it was revised to uh the changes that we're seeing in this world today uh but after you know kind of going to canvass reading all these different syllabi, because you know we all got it read the syllabus to find out if we really want to take the class uh but I saw how open and understanding they were about the whole situation.

Many had completely changed course requirements, others have been really understanding and emphasized that you should reach out with any concerns and any circumstances which would prevent you from you know kind of doing your very best that you would want to do in order to succeed in the class so overall I guess the first adjustment I have for you is you know just really read through that syllabus and ask questions so that you can be sure that you're gonna survive this online quarter. Now that that is out of the way the part that will really be difficult for myself is having a sense of normalcy for eleven quarters I have had my set Monday Wednesday Friday or my set Tuesday Thursday routines.

For example last quarter I would usually wake up take a shower grab a quick breakfast barely catch the two oh two to campus then go to class work class gaps and then finally waiting basically forever for the two oh one so I can go home you know even though I'm kind of complaining about like the long bus waits be honest I kind of miss it I miss that pure bliss of me doing literally nothing but listening to music or podcasts or browsing snapchat Instagram Twitter whatever it may be but when you think about it that routine that I once had is now gone so what can I do? I guess first thing that came in my mind honestly was there just chilling watching Netflix watch movies catch up on shows but that is a horrible mistake and I'm glad I'm not kind of sticking to that so what I have to do is create a routine so I created this routine I guess the silver lining is that you don't have to wake up hours before your first class you can just roll out of bed anytime you want you know a minute before you lecture starts but what I am doing is creating a routine of waking up you know doing my whatever it is I do in the morning with that make be making coffee you know make a quick breakfast grab a banana things like that and then I attend my zoom classes.

So what I do plan on doing is attending every lecture virtually during the time that they're set so that I can kind of create a routine and bring some normalcy back into my life even

if they're pre recorded so if I have a class at twelve thirty and it's a prerecorded lecture at twelve thirty I will watch that pre recorded lectures. This allows me to try to maintain a schedule that I can hopefully stick to and hold myself accountable because when classes were actually in the nonexistent wifi lecture halls it served as a way for myself to engage with the material and actually learn so attending the virtual soon classes during their schedule times will be key in helping me be a good student and maintain a routine this is my game plan for the quarter so that I can help I do my best and graduating finally walk at commencement if there is one yikes. If you feel like this is something you want to do but feel like you'll slack off and miss some lectures or whatever it may be ask a friend a roommate a family member or whoever can help you out just kind of asked like "Hey that's kind of hold each other accountable".

It's even better if you hold each other accountable because let's be honest there will be some days you just aren't feeling it I've been there you know you just don't want to go to class but uh if there are days like that thankfully they will be recorded so that you can kind of catch up on what you missed but don't do it too often hold yourself accountable and hold your friend accountable if you're kind of doing that friend routine but that is key is trying to create a routine bring back some normalcy to our lives especially since we're doing most of our class not most all of our classes online. One more thing that I think should be said is you need a space to study slash be at your online zoom university classes. I plan on using my desk for this purpose but I suggest any place that has a flat surface you can have your laptop on it uh or whatever using to attend your lectures and you can also put a paper on it so you can take notes or whatever it may be so something with a flat surface uh that you will use every day to study and view your lectures because that will kind of bring some normalcy back to your life as well but also it's very beneficial to you since you know you cant go to geisel uh you cant go to a coffee shop since most are closed uh so this kinds of gives you your study space your own personal space.

Now one place you do not and I repeat you do not want this to be as your bed. I've fallen victim to this way I think it'll be fine I can just read this paper and be comfortable at the same time oh you are so wrong I have fallen victim to the occasional nap when doing this and I bet you will too like come on it's a bed pillows blankets it's warm it's comfortable like how can you not fall asleep. You're just asking for it at that point. If you don't believe me a political science major like myself I'll back it up with some research so there's a study by the American college of healthcare sciences that shows studying in bed causes focus limitation decreased productivity and sleep issues boom theres science for you. So don't do it because you actually want to get a good night's sleep so just find somewhere where you can take your classes online and also take notes and

just do your work that is not your bed. Lastly it's important to take care of yourself and your mental health with everything occurring in the world right now there's a lot to take in with that being said taking breaks is key uh so for example go out get some fresh air you know take a nice little walk just listen to a podcast such as this one uh listen to music whatever it is that you want to do do it as long as it doesn't involve school. Another plus of kind of doing this to give you a break from all the news coming out you know I can't help it I like to read the news I like to stay up to date but I occasionally need to give myself a break and distance myself from all the bad news it seems to be occurring.

I guess a suggestion I can give is to listen to the some good news like video slash podcast by John Kaczynski where give you nothing but good news uh it's kind of fun to just watch that and see all the good that's going on in the world. Another way to stay engaged through all these breaks is what you're doing right now: listen to my podcasts or through various virtual programs that UC San Diego I know the zone is offering programs virtually, recreation is offering the playground and WOA is doing live streams on the warren I. G. on Wednesdays at twelve PM or if you want to watch Netflix and discuss it there will be Netflix watch parties Thursday at five PM where they will be watching gentrified on Netflix.

Also be sure to continue to check your weekly newsletter for updates a virtual programming that will be going on throughout the quarter I know it's not the best thing in the world but we got to do our part in uh flattening the curve and social distancing so this is our kind of best case best solution to what's going on so that we can at least have some breaks and some programming here at UC San Diego especially at Warren college but in general just use these breaks as an opportunity to just stop and take in the moment and give yourself a break from school and what is happening in the world find a place in which you can escape basically nine to end not all these suggestions will work for you as we all work in our different ways I've offered some suggestions and tips to help you gain a footing on adapting online classes that I will be doing and I hope that you will find at least one thing helpful that will make you successful this quarter before I end the podcast at the end of every podcast I'll be sharing with getting me through the week and in a way it will sort of be a recommendation on what you can do to stay sane during this weird online quarter will be having.

On April third Netflix released season four of money heist which is a Spanish TV show and the last season ended on a huge cliffhanger so I'll definitely be been doing that so if you want to get into it but don't speak Spanish don't worry because there are subtitles or does whichever you prefer but I will be watching money heist and I can't wait to see how

the season will unfold so that's it for this week's surviving spring quarter podcast if you want to share any tips you think will be helpful or just in general on this ask me a question to answer on this podcast email me at J. G. R. I. V. E. R. A. at UCSD dot EDU and ask away it will be fun to have some of your input or comments on the next podcast so be sure to send me an email also before I go I want to share tweet that I saw that said this because it's very you know on par for how I feel and I'm sure how mostly you kind of feel about this coming quarter it reads this online quarter feels very optional when it's not so that is kind of this quarter I don't know what this anyways thank you ma'am and I'll be back on April twenty first with another podcast.