



StateLines

For and about FSU people

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Copy deadline: noon Wednesday, Candis Johnson at statelines@frostburg.edu

Tips for Students Studying Online

Strategy #1: Know the Facts. Check your email regularly (at least twice a day, but more often on days that you have online classes – your professor may communicate specific instructions to you before class time begins).

What format will each of your classes take, and what learning platforms or technology will your professors use? Make yourself familiar with them. Make sure that your computer is set up properly and that you can access class resources, video, etc. from home. If you have problems, contact the Help Desk.

Will your classes be synchronous, held at the same time online as they were regularly scheduled in the classroom, or will they be asynchronous, where material will be posted online for you to complete on your own schedule?

Make sure you are aware of any changes to your courses and seek clarification if you are unsure of your professors' expectations for online attendance, participation, or other requirements.

Strategy #2: Plan Your Days. Just because you are studying at home rather than at school, it doesn't mean that you throw away your study schedule. To stay on track with what you need to learn and accomplish over the upcoming weeks, you must develop a study plan.

Strategy #3: Eliminate Distractions. If you don't usually study at home, it will be easier to become distracted when you are trying to get work done. Look for ways to reduce or eliminate distractions, to the extent that it's possible.

Strategy #4: Keep Priorities in Focus. The routine of going to school every day helps to establish discipline and accountability, and you may feel less motivated without that structure in place to support you. But it's important to keep your larger priorities in focus during this time, and make sure that your efforts reflect those priorities. Don't reduce your efforts when no one is watching you. You are going to school because your goals are important to you, and you need to remind yourself of that.

Strategy #5: Stay Engaged with Your Professors. Your professors are still among your most important resources in school, and it's important that you stay engaged with them.

Taken from <https://lawschoolacademicsuccess.com/2020/03/15/six-strategies-for-successful-online-learning/>

Tips for Faculty Teaching Online

Dr. Michael B. Flinn for these tips for teaching online.

When on a conference or in a virtual class

- When you are in a meeting with others, consider muting your mic while you are not talking. Ask your students to do the same. Many of the services have EXCEPTIONAL noise-canceling algorithms, but they are far from perfect. Muting will prevent your feed from taking over as "the speaker" when you cough or moved some papers around.

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- Use your video whenever possible and encourage your students to do the same (although they may be reluctant). Showing faces creates a friendly and accepting environment for everyone in the meeting. It builds a sense of community, and it will keep you from getting distracted.

Professionalism and Security

- Be aware of what is behind you in your video. Consider what is in the field of video of your camera. Do you want everyone to see photos your kids have drawn or memorabilia of where you traveled? If not, consider using the “blur background” feature on many services or just clean up what is in the field of view of your camera.
- Most of the services notify everyone if the meeting is recorded. However, people can use other tools to record the session, such as OBS. (<https://obsproject.com/>)

Tips for Working Remotely

Dr. Michael B. Flinn for these tips for working online.

If you (or your students) experience video freezing or audio stuttering, often there are some simple changes you can do to fix this

- If you are on wifi – move closer to your wifi router – unless you have high-end wifi, the signal rapidly degrades with a little as one wall between the router and your laptop. A weak wifi signal is typically not noticeable in your Netflix streaming, email checking, internet surfing daily activities; however, it may show up when you are on a video or audio chat programs or services such as Teams. Try to be in the same room as your wifi.
- If moving closer isn't helping, consider hardwiring into the router. You may have an ethernet cable around. Ethernet cables are often bundled with various devices. There are usually 4-5 ports on the back of your wifi router to connect your device. Connecting your laptop via an ethernet cable is especially important for those of you living in an apartment with a lot of neighbors that have wifi set up.
- Reboot the machine (sounds simple, but often works)
- Uninstall any unused programs you may have running in the background.
- When you are teaching with conference tools such as Big Blue Button or Teams, make sure no one in your house is downloading large files. E.g. The latest game for XBOX, PlayStation, Switch, etc.

Take Note

Counseling and Psychological Services (CAPS)

Individual counseling services continue to be available for students via a telehealth model (video conferencing over the internet or phone appointments) during the hours of 8 a.m. to 4:30 p.m. Monday through Friday. Please contact us at 301-687-4234 to make arrangements for services. Crisis services are also available by calling University Police at 301-687-4223. However, if you are in immediate need of attention and you are not in the Frostburg area, it may be more beneficial to you to contact your local resources through 911.

National hotlines are also available to you:

- National Suicide Prevention Line: 1-800-273-8255
- Crisis Text Line: Text CONNECT to 741741
- The TREVORLifeline: 1-866-488.7386

Looking for a Way to Help?

Are you looking for a way to help? MD Governor Larry Hogan announced there is a new website <https://governor.maryland.gov/marylandunites/> to find out how you can volunteer and donate to organizations working to serve those throughout our communities.

PAWS Pantry Changes

Under advisement from the Maryland Food Bank and Maryland Department of Health, the PAWS Pantry at the Braddock House (20 Braddock Rd.) has transitioned to a pre-packed bag style pantry in order to maintain proper Social Distancing. Customers are permitted any combination of up to 4 bags per visit. When you approach the window, please tell us how many of each type of bag you would like, as well as any dietary restrictions.

Pre-packed bag options (items vary based on availability) include:

Carbs and Sides Bag

- Pasta
- Rice/grain
- Pasta Sauce
- Broth (chicken, turkey, beef, bone, vegetable)

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- Stuffing
 - Mac N Cheese

Canned Goods Bag

- Canned Fruit/Fruit Cups
- Canned Vegetable
- Soup
- Ravioli

Breakfast Bag

- Cereal
- Cereal/Chewy Bars
- Oatmeal/Granola/Fruit

Baking Bag

- Dessert mixes (Brownie, Cake, etc.)
- Jell-O/Pudding packs
- BAG FIVE Snack Bag
- Hummus cups
- Chips
- Crackers

Customizable Bag (max 1 per visit)

- Customer may choose additional items for their bag!

Hours have been adjusted to Mondays & Thursdays, 11 a.m. to 4 p.m.

Currently, we are not permitting more than one person at the door at a time. When visiting the Pantry please wait at the bottom of the ramp until it is clear. We also ask that you maintain six feet of space between you and others who are waiting. Please be mindful of who was here before you and the order in which customers have been waiting.

If you are a student in need of food assistance or would like more information please contact Maddie Hutter, AmeriCorps PAWS Pantry Coordinator, at PAWSPantry@frostburg.edu or stop by the pantry during the hours listed above.

VIRTUAL Times Talk Thursday

Thursday, March 26th – 12:30 PM

Zoom Video Conferencing: [CLICK HERE TO JOIN](#)

Zoom can be downloaded on your computer, IOS or Android Device. Webcam & Microphone Required

Interested faculty, staff, and students will gather for a discussion on a current topic in the news focused around politics, government, and our democracy.

Check out today's volunteer email for our article and discussion topic.

Each week we will frame our conversation around a recent NY Times article selected by an office or student organization. To access this week's article please click [HERE!](#)

Every faculty, staff, and student at FSU has a free subscription to the New York Times! To activate yours click [HERE](#) and create an account utilizing your FSU Email. Or visit the FSU Ort Library page [HERE](#) and select New York Times.

National Week of Conversation – Series of Online Common Ground for Action Deliberations

Regional college students are invited to participate in National Week of Conversation online deliberation events being moderated by the National Issues Forums Institute. Students will deliberate together with others from across the country over the tough choices on the issue of guns, rights and security in an era of mass shootings and deepening political polarization. Using NIFI's nonpartisan discussion guide on "How Should We Prevent Mass Shootings in Our Communities," students can talk about three exclusive options for this issue and weigh the tradeoffs and consequences of acting to find hidden common ground on balancing rights and safety on guns. The three options include make mass killings more difficult, equip people to defend themselves and root out violence and hate in society.

The aim of these forums is to give students a chance to deliberate with peers at campuses that are different from theirs – geographically, in population size and ideologically.

Students should use their University email address to register for one of the conversations using the links below:

- **Monday, April 20**, at 8 p.m. ET at <https://tinyurl.com/tetxxeo>
- **Tuesday, April 21**, at 2 p.m. ET at <https://tinyurl.com/uepm5c2>
- **Thursday, April 23**, at 3 p.m. ET at <https://tinyurl.com/v5e66e2>
- **Friday, April 24**, at 7 p.m. ET at <https://tinyurl.com/vwgm2lz>
- **Saturday, April 25**, at 5 p.m. ET at <https://tinyurl.com/vkm2khu>

Info for the NIFI events can be found at <https://www.nifi.org/en/events/national-week-conversation-cross-campus-college-online-forums-how-should-we-prevent-mass>.

To review the issue guide on the NIFI website, visit <https://www.nifi.org/es/issue-guide/issue-advisory-2019-how-should-we-prevent-mass-shootings-our-communities>.

For info on Allegany County Choose Civility initiatives, contact Dr. Elesha Ruminski, FSU's liaison for the Choose Civility chapter, at elruminski@frostburg.edu or 301-687-4480.

Points of Pride

FSU Professors Present at Conference



FSU's Department of English and Foreign Languages was well-represented on the program of the Spring Conference of the College English Association's Middle Atlantic Group, held March 7 at Prince George's Community College in Largo, Md.

- Professor Emeritus **Dr. Charles Ewers** gave a keynote, "Tides and Surges on Harriet Tubman's Native Land: Celebrating a Shared Landscape Through Photography and Testimony."
- **Dr. Sydney Duncan** (pictured) presented "Unreal Savior: Henry Darger as Fictional Hero."
- **Dr. Gerald Snelson** presented "Docking in a Different Port or an English Professor Teaches Outside of His Discipline and Outside of His Department: THEA 407 Puppet Theatre."

For info on CEA-MAG, visit <https://www.umes.edu/CEAMAG>.

FSU Student Morgan Strum Interviewed by Trout Unlimited



Morgan Strum, an undergraduate Wildlife and Fisheries major at FSU, was recently interviewed by Trout Unlimited. Strum serves as the president of the TU 5 Rivers college program at FSU.

To read the interview on the Trout Unlimited blog series website, visit <https://www.tu.org/blog/we-are-tu-meet-morgan-stum>.

Trout Unlimited is an American nonprofit organization dedicated to the conservation of freshwater streams, rivers and associated upland habitats for trout, salmon, other aquatic species and people.

Honors Program



Have Questions About FSU's Honors Program?

For info, visit the Fuller House or contact Dr. Greg Wood, Honors Program director, at gwood@frostburg.edu or honorsprog@frostburg.edu. You can also stay connected with the Honors Program on Facebook at [honors.frostburg](https://www.facebook.com/honors.frostburg) and Instagram at [frostburg_honors](https://www.instagram.com/frostburg_honors).

Fall 2020 Honors Courses

Honors Composition

ENGL 111 Honors: First-Year Composition, **Jennifer Browne**, 10 to 10:50 a.m., Monday, Wednesday, Friday, #1469

ENGL 312 Honors: Advanced Composition, **Gerry LaFemina**, noon to 12:50 p.m., Monday, Wednesday, Friday, #1484

Honors Variants

ART 111 Honors: Art Appreciation, **Pat Faville**, 3 to 3:50 p.m., Monday, Wednesday, Friday, #2078

BIOL 159 Honors: General Biology, **Dr. David Puthoff**, 1 to 1:50 p.m. Monday, Wednesday, Friday (lecture), 1 to 2:50 p.m., Tuesday, Thursday (lab), #1314

COSC 110 Honors: Introduction to Computer Science, **Oluwadamilola Arinde**, 9:30 to 10:45 a.m., Tuesday, Thursday, #1515

ECON 211 Honors: Principles of Macroeconomics, **Suzanne McCoskey**, 11 to 11:50 a.m., Monday, Wednesday, Friday, #2163

GEOG 113 Honors: Physical Geography, **Dr. Matt Ramspott**, 8 to 8:50 a.m., Monday, Wednesday, Friday (lecture), 3 to 4:50 p.m., Monday (lab), #1924

HIST 111 Honors: Contemporary World in Historical Perspective, **Dr. Sally Boniece**, 11 a.m. to 12:15 p.m., Tuesday, Thursday, #2052

IDIS 151 Honors: Exploring Appalachia, **Dr. Kara Rogers Thomas**, 2 to 3:15 p.m., Tuesday, Thursday, #2354

PHIL 111 Honors: Introduction to Philosophy, **Dr. Jean-Marie Makang**, 2 to 3:15 p.m., Tuesday, Thursday, #2138

PHIL 112 Honors: Contemporary Ethical Problems, **Dr. Skott Brill**, 8 to 9:15 a.m., Tuesday, Thursday, #2139

PSYC 151 Honors: General Psychology, **Dr. Paul Bernhardt**, 11 a.m. to 12:15 p.m., Tuesday, Thursday, #1186

SOCI 111 Honors: Introduction to Sociology, Thomas, 11 a.m. to 12:15 p.m., Tuesday, Thursday, #1034

Honors Seminars

IDIS 491 Honors: Frostburg State's Archives and the 1960s, **Dr. Greg Wood**, 12:30 to 1:45 p.m., Tuesday, Thursday, #2483

IDIS 491 Honors: Classical Political Rhetoric and American Politics, **Dr. Steve Hartlaub**, 2 to 3:15 p.m., Monday, Wednesday, #2468

FSU Connection for First-Year Honors Students: "Power, Culture and Polarization in America," #929

IDIS 151 Honors: Exploring American Culture, Wood, 9:30 to 10:45 a.m., Tuesday, Thursday, #2482

POSC 112 Honors: Introduction to American Politics, **Dr. Steve Simpson**, noon to 12:50 p.m., Monday, Wednesday, Friday, #2183

Priority registration is **Tuesday, March 31**.

Academic Requirements for Traditional Honors Students

Honors Variants (15 credits required)

ART 111, BIOL 159, COSC 110, ECON 211, ENGL 250, GEOG 113 or 114, IDIS 151, HIST 111, MATH 110, PHIL 111 or 112, PSYC 151, POSC 112 or 114, SOCI 111

Composition (3 credits required)

ENGL 111 or 312

Advanced (6 credits required)

IDIS 351 Honors: Advanced FSU Colloquium, IDIS 491 Honors Seminar, IDIS 493 Honors Thesis, Experiential Learning Option

24 Credits Required for Honors in General Education Upon Graduation

Note: Every traditional Honors student is allowed two "enhancements" of regular courses for Honors credit.

Manage Anxiety and Stress



The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Things you can do to support yourself

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

For more information, [see the CDC webpage](#).

VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2023

CORE VALUES

- Frostburg State University is a place where every student can experience a myriad of opportunities both in and out of the classroom, fostered by a sense of inclusion and close mentoring relationships with faculty and staff.
- Frostburg State University is committed to developing cultural competence and cultivating understanding of and respect for a diversity of experiences and world views that encourage each person's ability to "take the perspective of the other."
- Frostburg State University is committed to a system of shared governance that allows faculty, staff and students to learn about the issues the University confronts and that provides a structure for meaningful input into University decisions.

OUR VISION FOR FROSTBURG STATE UNIVERSITY IN 2023

Frostburg State University is a regionally acclaimed and nationally recognized academic institution that provides distinctive programs to support state and regional workforce needs. Faculty, staff and students foster collaboration in a welcoming and inclusive campus culture.

Students value the opportunities open for them at FSU and form close mentoring relationships with faculty and staff, who are committed to their success and well-being. Students apply knowledge and skills learned in the classroom to internship, civic engagement, study abroad and research experiences to meet the challenges of a complex and changing global society.

The University is integrated into the fabric of the community as a valued and respected regional asset. We are committed to making changes that secure our future while celebrating the values that reflect our history.

STRATEGIC GOALS

- Focus learning on the acquisition and application of knowledge.
- Provide engaging experiences that challenge our students to excel.
- Expand regional outreach and engagement.
- Align University resources – human, fiscal and physical – with strategic priorities.

To view FSU's Strategic Plan 2018-2023 online, visit www.frostburg.edu/strategicplan.