

3. **Call it by its name**Use the correct term for the virus, "novel coronavirus" (or "SARS Call) and for the disease, COVID19. No other names are acceptable

4. **Affirm others.**When you are out walking, maintaining safe physical distance, do make friendly eye contact with others you meet; a smile or say som this is new for

all of us, so let's be extra kind, extra patient. Give each other the benefit of the doubt. Even better, ask others if you can help them with anything.

7. Set a personal goal. feels better to be proactive than to be stuck in a reactive mode. Set a personal goal-30/r 2 for this time of sheltering. What can you accomplish? With whom can you reconnect?

8. **Take care of yourself**We are all under multiple sources of extreme stress. Especially if you have dependents, get rest, eat healthily, do something calming, go for a walk or do yoga. Follow all government health recommendations as well.

(adapted fromDamon Williams, Ph.D., NIXLA, National Institute of Inclusive Excellence Academy)

These eight ideas embody the values we hand they will continue to keep our communities strong.ogether, we can come out of this pandemic strong the an we went into it. We at Boston College will continue to be "BETTER TOGETHER" God Bless and Stay Safe

Patricia Lowe, J.D., CDE Executive Director, Office for Institutional Diversity

The OID is available to address concerns during this time. Pleaselook for virtual education and awareness programs including chats/cheith focused on advancing and sustaining inclusion during these timets addition, please visit the OID website, twitter, Facebook for resources and upcoming events.

Excellencen TeachingDay: ReEnvisioning Resilience

Excellence in Teaching Day 2020, sponsored by the Center for Teaching Excellencevill focus on "ReEnvisioning Resilience," challenging us to reimagine what it means to create rigorous, just, and humane teaching and learning environments that help students and instructors alike prepare to confront the significant challenges ahead.

Professor Rhonda Magee, Professor of Law at the University of San Francisco, will provide this year's keynote on "The Inner Work of Teaching and Learning for All: Notes on Contemplative Pedagogy for Equitable, Resilient Learning Communities."

Magee is a **a**tionallyrecognized authority on mindfulness and racial justice in the field of law

Excellence in Teaching Days been rescheduled to take placevirtually via Zoomon May 152020 Please stay tuned for registration and other details. For more information, please contact centerforteaching@bc.edu

Affiliates Implement*The Master Plaby*Chris Wilson As part of the 20th Anniversary of the University Affiliates Program,the programagendaadded *The Master Plaby* Chris Wilson The bookchronicles Mr. Wilson's journey from life in prisnn,

Meet the 201920 University Affiliate Sohort

2