

APRIL 2020

Via Rápida - First Year Experience Monthly Newsletter

WONDERING HOW
TO SPEND YOUR
TIME AT HOME
DURING THIS
TIME?

*The next page gives
you great ideas!*

IMPORTANT MESSAGE FROM GCCCD

Classes and student support at Grossmont and Cuyamaca colleges will continue to be held remotely until the end of the spring semester on June 1. The Grossmont and Cuyamaca college campuses are also closed to all students and the public until June 1.

All instructional activities and office hours, including any lab courses, and support services will be held in some form of remote delivery. Faculty will be communicating directly with their students regarding next steps. Student information about withdrawals and late drops is available.

Gov. Newsom has ordered that all Californians stay at home effective midnight March 19. To comply with that order, all District employees are to work from home beginning Friday, March 20. Essential personnel who are necessary to secure district facilities and maintain core operations will be contacted by district leadership.

All student events through June 1 are cancelled, and intercollegiate athletics games are cancelled indefinitely.



THE VIA RAPIDA TEAM IS HERE FOR YOU! MESSAGE US VIA REMIND OR EMAIL US:
GROSSMONT.VIARAPIDA@GCCCD.EDU

19 THINGS TO DO WHILE STUCK INSIDE DUE TO COVID-19

1. Cook - It's the best time to try new recipes.
2. Walk or Run - This is a great way to leave your home for some fresh air, just remember to stand 6 feet apart from others and don't walk/run in groups.
3. In-home Workouts - No equipment needed to challenge your body.
4. Color - Play your favorite jams and enjoy the relaxing benefits of coloring.
5. Draw - Let your creativity run wild and draw anything that comes to mind.
6. Bake - Crank up the oven and bake your favorite goods or try new ones.
7. Yoga - This is the best time to practice yoga. Guided yoga sessions can be found free on YouTube.
8. Meditate - Take deep breaths and relax.
9. Call Someone - Simply pick up your phone, scroll through your contacts and call the person your finger lands on. You may be surprised how much you enjoy talking on the phone.
10. Read - The options are endless! Whatever your interests are, there is a book for you. If reading is not your jam, try audiobooks.
11. Organize - Clean your living space by clearing out anything you don't need.
12. Game Night - Invite your family to play your favorite games. Anything from Uno, Monopoly, Sorry..etc. And if you don't have board games, make them up! The internet is a great tool to find new games.
13. Journal - Grab a pen and notebook and write away!
14. Catch up on your favorite shows - While we encourage you not to spend all day in front of the screen, allow yourself to watch an episode a day of your favorite show.
15. Movie Night - Grab the popcorn, gather your loved ones and get lost in the story.
16. Puzzle - Remember when you loved puzzles as a child? Think back to these times and have fun with a puzzle.
17. YouTube Tutorials - If you ever wanted to learn something now is the time. Whether you're interested in make-up, playing an instrument, crafting a furniture piece, youtube will be your guide!
18. Virtual Hang Outs - Miss your friends? Use a virtual platform such as Skype or Zoom to chill with your friends just as you were face-to-face.
19. Take Naps - If you feel tired from all your school work, instead of reaching for another cup of joe, take a power nap and feel refreshed.

STUDENT OF THE MONTH



NICOLAS DE LA ROSA

Nicolas is very involved on campus as he is apart of the Dreamers club and Circle K International as well as FYE. He is a Computer Science and Information Systems major and aspires to transfer to Stanford University. For fun, Nicolas likes to workout, play video games, and watch sports.

Nicolas has been very on top of things to start the semester and has balanced his club involvement with a full load of classes with grace. He always is in contact with his mentor and asks the right questions to ensure he succeeds in everything he puts his mind to.

Keep up the tremendous job Nicolas, the Via Rapida team is very proud of you!

FOR COVID-19 STUDENT RESOURCES CLICK

[HERE.](#)



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Health & Wellness:

2-1-1's Health Navigation offers comprehensive needs assessment, health education, case planning, advocacy, connection to resources, and ongoing care coordination.

Enrollment Services:

We identify, screen, and help people apply over the phone for benefit programs including CalFresh, Medi-Cal, Medi-Cal Recertification, CARE, and Covered California.

Housing & Utilities:

We connect people to housing resources, emergency shelters, affordable and supportive housing options, rental assistance programs, tenant/landlord mediation, utility assistance and housing-related information.

Military & Veteran Services:

Courage to Call, San Diego's peer-to-peer talk and chat line is the single access point for information, referrals, navigation, and ongoing care coordination for active duty military, veterans, and their families.

Food Assistance:

Over 400,000 San Diegans don't have enough food to feed their families. 2-1-1 connects people to programs that help including CalFresh, food banks, emergency food, WIC, and more.

Disaster Support:

In times of disaster, 2-1-1 is here to provide real-time information and referrals San Diegans can count on in a crisis.

Community Data:

2-1-1's robust data offers vital information and trend reports for proactive community planning.

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