

Campus Newsletter

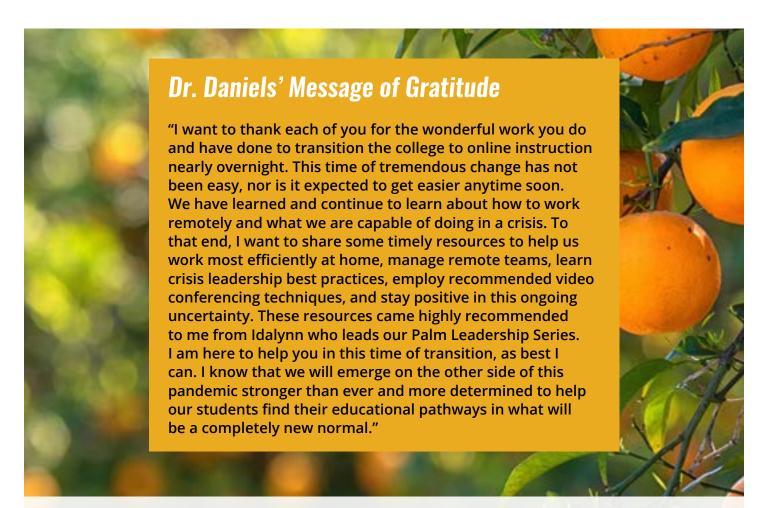
Dr. Daniels' Special Edition for faculty and staff





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Given Laptops, Taft College Students Commit to Finishing Classes

With the urgent transition to online learning, Vice President of Instruction Dr. Leslie Minor gave out 40 laptops to individual students who did not otherwise have them.

Living outside of Taft and in Bakersfield, several students drove back to campus to pickup laptops to be able to finish their classes online.

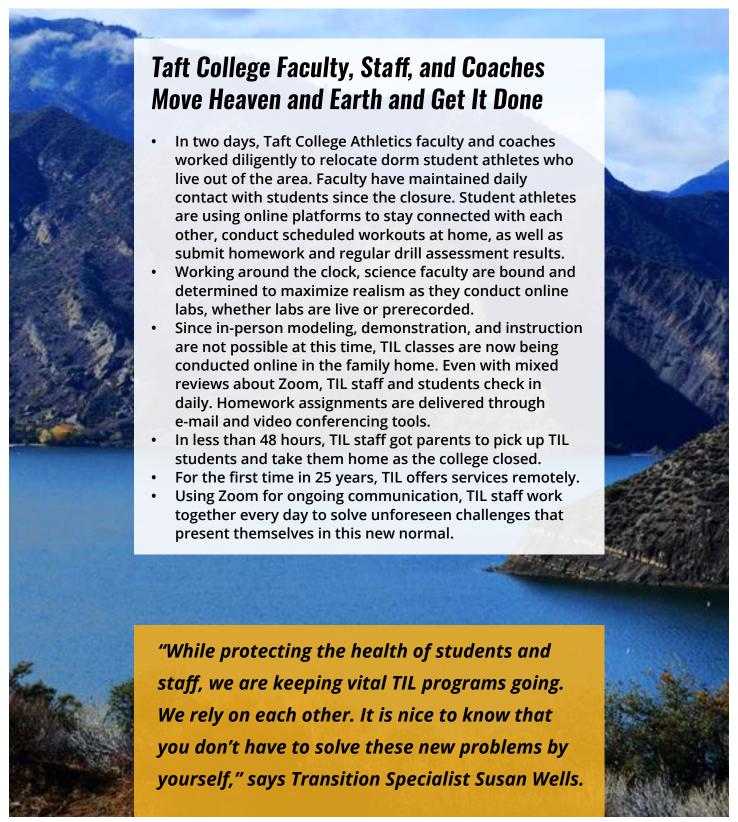
Three students who are also siblings had been sharing one phone to complete their coursework. Each student now has a laptop! They are all very grateful.

A student who had no internet experience figured out how to request a laptop by e-mail. With the help of a TC coach, this student has learned how to get online and into Canvas to submit homework.



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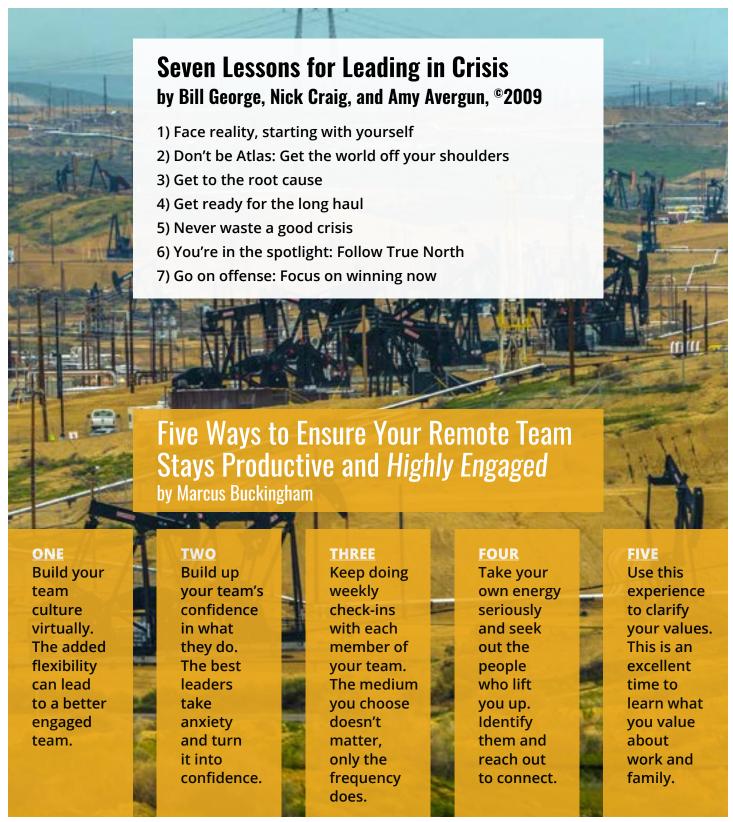
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10 Best Practices for Participating in Video Conference Calls by Hannah Morgan

ONE

Test the video conferencing in advance.

TWO

Check your video and audio before the meeting starts.

THREE

Use a clean, appropriate background for work.

FOUR

Select a quiet location to keep excess noise down.

FIVE

Set your camera at eye level.

SIX

Dress as you normally would for an in-person meeting.

SEVEN

Mute yourself when not talking.

EIGHT

a pil ji

Have good lighting and don't sit with your back to a window.

NINE

Use earbuds or headset with mic for better audio.

TEN

Plug directly into your router for more stability.

"Now is the time to embrace technology tools. We may not be in the same building, but we are all here to support one another. Zoom, Facetime, and Skype are great tools for you to stay connected with your colleagues," says Vice President of Human Resources Heather del Rosario.



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"In the midst of adversity, you either win or you learn. You never lose. You learn. You have a better chance of winning next time, if it comes up again. It won't go away—you can't ignore it. Positivity is the result when you find the strength to deal with it," says Men's Soccer Coach Angelo Cutrona.

The Happiness Advantage in Crisis

by Shawn Achor

The Happiness
Advantage:
Capitalize
on positivity
to improve
productivity
and
performance.
Retrain
your brain
to be
positive.

The Fulcrum
and the Lever:
Adjust your
mindset
(the fulcrum)
in ways that
give you
more power
(lever).
You control
how you
think about
the world.

The Tetris
Effect:
Retrain
your brain
to find
opportunity
wherever
you look
or wherever
you are.
Focus on
opportunity.

Falling Up:
Find the
path out
and up
from the
negative
events of
your life.
How can
this event
make you
stronger?

The Zorro
Circle:
Regain
control in
the midst
of chaos by
bringing
your circle
in. Focus
on small,
manageable
goals
until you
get stronger.

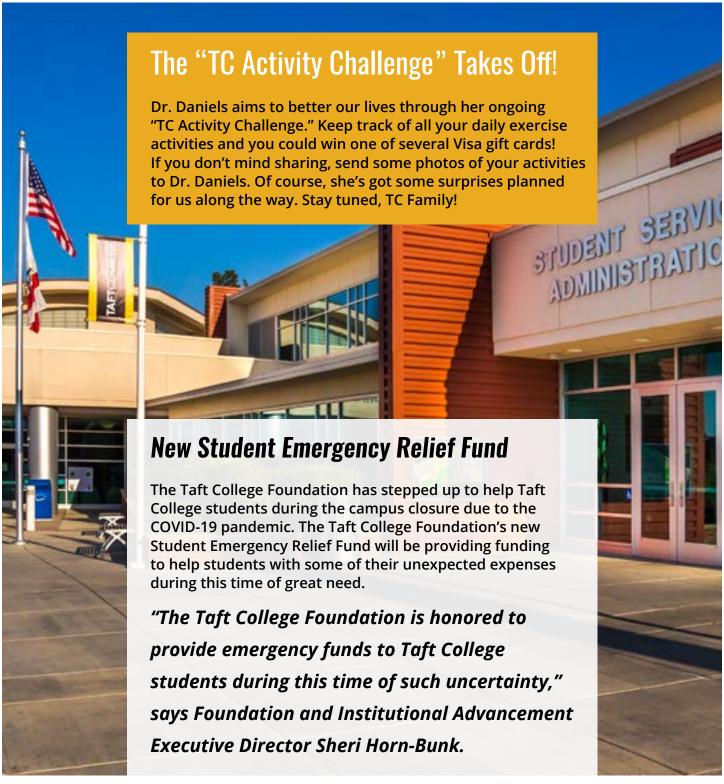
The 20-Second Rule:
With limited willpower, we need to make small energy adjustments to reroute the path of least resistance and instead build better habits.

Social Investment: Invest in your friends, peers, and family, so that when challenges and stress present themselves, you have a social support network.



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This is a monthly publication by the Taft College Office of the President. We welcome your comments, questions, and personal stories. Please contact Susan Groveman, Executive Director of Marketing and Community Relations at 661.763.7942. Stay safe and be well!