

### **Social Support**

Assisting faculty, staff, and administration by providing support with new technologies for curriculum delivery.

### **Digital Training**

Our Track Directors have stepped up to the plate to provide our students continued access to each other through virtual track sessions.

## Remote Track Sessions

To combat the feelings of isolation we have ramped up and deployed MEDWell programs virtually.

### **COMP Connect**

The COMP Connect was deployed virtually at the end of the first week of remote learning

We have loaded the app with information, tools, and apps that faculty, staff and students can use

There is also a social media component with a campus wall and direct messaging

We are now starting to coordinate virtual office hours through the app for several of our departments in COMP

We take online attendance by way of a QR scanner in the app; where our students hold up their smart devices and scan the code the lecturer places in their power point or module









Social Support for Faculty and Staff









The MEDWell team has created dedicated time during the workday to hold space and time for Mindfulness Mondays, Wellness Wednesdays, and Fitness Fridays! Mondays, Wednesdays, and Fridays we have the opportunity to engage with students, faculty, staff, and administration.





### Mindfulness Mondays

Each Monday from 4:30 – 5pm you can choose from 7 different topics of discussion that we are calling "rooms". Each "room" has a different topic focus and a different Zoom link in order to access that topic and that group of like-minded COMP/COMP-Northwest folks.



Wednesday from 12 – 1pm will begin with a food demonstration focused on an **ingredient of the week**. We take the rest of the time to share a meal and conversation with everyone that attends.





#### **Fitness Fridays**

Each Friday from 4:30 – 5pm you can choose from different fitness activities that we are calling "rooms". Join us in different "rooms" which will have fitness activities hosted by various people in the COMP/COMP-Northwest family from yoga to body weight exercises to nature walks, among other activities.

For more information and to connect with MEDWell look for us in the COMP Connect App



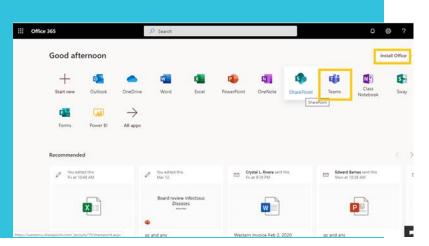
# Digital Professional Development for Faculty and Staff

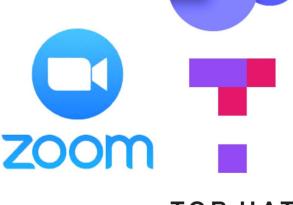
To assist with our move to virtual teaching and learning we have developed training modules that are available through our Digital Professional Development Microsoft Teams page.

Please follow the directions below for access.

### If you already have Microsoft Teams click the links below:

- Top Hat Training Module
- Zoom Training Module
- Microsoft Teams Training Module





TOP HAT

### Accessing MS Teams via go.westernu.edu

- Log in to go.westernu.edu using your WesternU credentials (email and password) to access your Office 365 account
  - Microsoft Teams should be available on the front page of go.westernu.edu
  - If it is not on the front page click the "All apps" arrow and scroll to find MS Teams
  - You may now use MS Teams in the browser
- If you would like to install MS Teams to your computer, you may download the entire Office suite by selecting "Install Office" in the upper right corner of go.westernu.edu

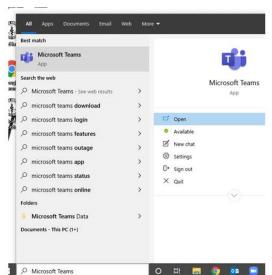
• This will require you to install all the standard Office apps. This is free to you through

your go.westernu.edu

 If you would to download MS Teams ONLY, you may go to https://teams.microsoft.com/downloads

### MS Teams on your WesternU Computer

- MS Teams is already installed on your WesternU computer and can befound by typing Microsoft Teams into the search bar.
- Please login using your WesternU Credentials (email and password)





### Remote Track Sessions

Track sessions are continuing to take place...virtually



