

Subject: This Week at UH West O'ahu - Week of March 23, 2020
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A BULLETIN FOR UH WEST O'AHU FACULTY AND STAFF
This Week at UH West O'ahu
Week of March 23, 2020

University of Hawai'i–West O'ahu COVID-19 webpage

Visit the [UH West O'ahu COVID-19 page](#) for campus-related information, including student, faculty, and staff resources, as well as important announcements, available support, event closures, and impacted locations.

Regarding campus buildings and facilities

As our campus is only [open to employees and current students](#), to ensure the safety and health of our campus community, we will be closing some parts of campus and maximizing social distancing in our open facilities.

- Both buildings D and E will be gated/closed. Faculty can access their offices ONLY. ALL Classrooms will be undergoing general and deep cleaning and will be closed/DO NOT USE any of the classrooms during this time.
- Specific classrooms and labs will be open in the Administration and Health Science (A) Building. Faculty can access their offices.
- Should faculty or staff require use of a classroom during this time please contact your Vice Chancellor (Moniz, Javinar, or Ishida).
- Currently, Student Services in "C" Building is open, however, Nāulu Center (including Nāulu Fitness Center), Multi-Purpose Room, and C-225 are closed.
- The UH Federal Credit Union is closed temporarily.
- The Administration Building is open with limited staffing.
- The following areas [have abbreviated schedules](#)**:
 - Student Life Center: Open with modified hours
 - UH West O'ahu Bookstore: 10 a.m. to 2 p.m. Mondays through Fridays.
 - Da Spot Dining Hall: 7 a.m. to 2 p.m. Mondays through Fridays. All food will be take-out only. Dining in will not be an option.
 - The James & Abigail Campbell Library is only open to employees and students currently with reduced hours and limited capacity. The hours are: 10 a.m. to 4 p.m. Mondays, Tuesdays, Thursdays, and Fridays; 1 to 7 p.m. Wednesdays; closed Saturdays and Sundays. Students and employees are encouraged to sign in through [an online reservation system](#). However, employee and student walk-ins will be allowed entry as long as the library has not yet reached social distancing capacity.
- ** Information subject to change.

Mental Health Moment – Illness Anxiety

Clinical psychologists Dr. Steven Taketa and Dr. Analu Sing, with [UH West O'ahu's Counseling Services](#), will offer weekly mental health tips to students, faculty, and staff to cope through COVID-19 and these trying times:

In response to COVID-19, many of us are experiencing a healthy degree of concern about the potential of contracting this and other illnesses. However, for some people, the fear of illness or disability can be overwhelming. Many individuals with illness anxiety report that underlying their fear is a deeper sense of having to live a less than fulfilling life. In other words, people who are happy with their relationships, who feel like they are living a meaningful existence, and who believe that they are valuable to others, are also less likely to have an excessive fear of

sickness or death. While mental health treatment cannot decrease your chances of contracting illnesses directly, it can be very effective in helping people to focus on life rather than being hindered by unnecessary worry.

COPING THROUGH COVID

How are you maintaining your mental, physical, and emotional well-being while practicing social distancing? We'd like to hear about your coping mechanisms or personal stories of how you are managing as we navigate these unique times. Have unique tips to share? Fun activities? Email uhwoomm@hawaii.edu to submit your survival strategies.

First up, our Chancellor Maenette Benham shares how she deals with two teenagers also adjusting to distance learning:

Aloha!

Survival with teens: Having an 8th grader and a 10th grader – both will be doing school online as soon as this extended spring break is over – so, we turned our "playroom" into a study room. Both kids have their own desks and workspace, FAR apart with a sofa in between. This is their "go to school space." Not in the bedrooms!

I put together a daily template that they and I fill out – trying to keep them to a routine. They do get free screen time in the morning, afternoon, and evening to meet with their friends and do what teenagers do. They also get TV time throughout the day. We do require that they get outside time in the morning and afternoon, so walking the dog, playing bball, skateboarding – we live on a cul-de-sac where there are few children. Just before the public library closed, the kids went to the library and borrowed a ton of books and movies/CDs.

So, there's alone time, teen time, adult time, and family time.

This past week was a bit sketchy with the kids, but we're getting into a flow now – one more week of break and then ease into online learning.

Whew!

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University of Hawai'i COVID-19 webpage

The University of Hawai'i's [web page](#) provides information and updates regarding the COVID-19 pandemic on behalf of the UH System. Among the announcements and resources UH recently shared:

- Online courses extended for remainder of semester:
<https://www.hawaii.edu/news/2020/03/18/presidents-message-march-18-updates/>
- All traditional commencement ceremonies at UH's 10 campuses canceled:
<https://www.hawaii.edu/news/2020/03/19/important-commencement-announcement/>
- The University of Hawai'i at Mānoa [John A Burns School of Medicine](#) (JABSOM) has produced a short video providing practical tips to protect yourself against COVID-19, and more:
<https://www.hawaii.edu/news/2020/03/07/covid-19-practical-tips/>

The UH COVID-19 webpage will be updated with any new warnings, advisories, and guidance from UH, Hawai'i Department of Health, U.S. State Department, and the Centers for Disease Control. Please continue to check your emails for updates. If you have any questions, please email: covid19@hawaii.edu.

Rescheduled light replacement, March 23 to 27

Planning and Facilities will be replacing light fixtures in Parking Lot A, the Main Entrance Road, and the first floor of the

Library during the week of March 23 to 27. (The previously scheduled replacement was cancelled due to recent rains.) For your safety and the safety of the contractor, please respect all barricades and coned-off areas during this time. If you have any questions or need additional information, please contact the Work Coordination Center at 689-2535.

Distance Learning Tip of the Week – March Theme: Laulima Tools

Laulima tools can be accessed on a Laulima site by the individual(s) assigned to the role of instructor on the site. To access Laulima tools, first select **Site Info** and then select **Manage Tools**. The **Commons** tool is a social networking style tool allowing posts with url to thumbnail expansion, and unthreaded replies. The Commons tool can be used in addition to, or in place of, Discussions or Forums for more informal peer-to-peer interactions related to the course content. Find more information about Laulima on the [Laulima Support](#) site provided by UH Information Technology Services or visit the UH West O'ahu [Office of Distance Learning](#) in B222.

News from E Kamakani Hou



[Students, faculty, and staff invited to Zoom practice sessions](#) - The [No'eau Center](#) will be holding Zoom practice sessions the week of March 23 to assist with UH West O'ahu's transition to online courses and the center's transition to online tutoring. Zoom is a video conferencing service. Those interested in joining can access the Zoom session through bit.ly/noeaucenter.

UH West O'ahu Calendar of Events

Monday, March 23

- All courses move to online delivery and will be conducted online for the remainder of the semester
- STAR GPS Preview open (shopping cart) and Class Availability
- Zoom Practice Party, 10 a.m. to noon, bit.ly/noeaucenter. [More info](#).

Tuesday, March 24

- Zoom Practice Party, 9 to 11 a.m., bit.ly/noeaucenter. [More info](#).

Wednesday, March 25

- Zoom Practice Party, 10 a.m. to noon, bit.ly/noeaucenter. [More info](#).

Thursday, March 26

- HOLIDAY: Kūhiō Day

Friday, March 27

- Last day to withdraw from semester long classes with no refund and a "W" grade
- Last day to submit a Leave of Absence (LOA)
- Zoom Practice Party, 10:30 a.m. to 12:30 p.m., bit.ly/noeaucenter. [More info](#).

The deadline to include your item in the next This Week is Thursday night. Please submit your item using the Communication Department's [Communications Request Form](#).

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