

Renegade Roundup



Happy Holidays

December 18, 2020

Dear Colleagues:

I start this holiday season with a profound sense of gratitude and thankfulness. I am thankful for the new vaccines, I am thankful for our students, I am thankful for each and every one of you who supported our students and each other through this very difficult time.

From my home to your home, Merry Christmas and Happy Holidays



I invite you to join me in using this time of rest deeply and to set the tone for 2021.

From the bottom of my heart, I wish you all a safe and happy holiday season.

All-Campus Virtual Forum on Psychological Resilience Skills Training



We held our last virtual forum of the year on Wednesday, December 16, to share information about a new non-credit course to help students, faculty and staff develop coping mechanisms for stress induced by the COVID-19 crisis. Rich McCrow outlined the importance of the Psychological Resilience Skills Training course, or PSYC B61NC, which is available to enroll in for free right now. The course aims to help people understand, anticipate, and identify feelings of anxiety and depression; apply evidence-based approaches to manage those feelings; and devise strategies to increase psychological resilience in the workplace, the virtual classroom, and out in the community.

During the panel portion of the virtual forum, Helen Acosta outlined the importance of taking the psychological resilience training course and thanked the faculty and leadership of BC for taking the lead to get the course ready for the start of 2021. Finally, psychology professors Isaias Hernandez and David Riess talked about the importance of developing coping mechanisms to strengthen our psychological resilience and offered a few suggestions for self-care.

The first section of the Psychological Resilience Skills Training course begins on January 4, and another section starts on January 11. Like the non-credit COVID-19 course, it is a course that you complete at your own pace. If you've never taken a class at BC before, [visit the Student Information Desk](#) for more information.

Course	CRN	Dates	Staff
PBHS B61NC	33861	1/4 - 1/18	David Riess
PBHS B61NC	33862	1/11 - 1/24	Isaias Hernandez

Opening Week Preview

Please join us on January 12, 13, and 14 for our Spring 2021 Opening Week festivities. We'll have a ton of great videos about BC initiatives to show you each day to bring a positive energy to the start of the new semester. Opening Week is always a great time of fellowship, whether it's in-person or online, so I really hope you can join us.

Let me send you off into the holiday season with tons of love and the voices of our choir.

<https://www.youtube.com/watch?v=JtezCSaFb3I&feature=youtu.be>





Stay safe, stay healthy, wear a mask, keep the 6ft distance separation, and wash your hands to slow down the spread and reduce the strain on our healthcare systems and providers.

That's all for now.
Until next time.

With much Renegade Pride and Collegiality,
sonya

[See all issues of Renegade Roundup online](#)