

A Message to Students About Self-Care at This Challenging Time
April 6, 2020

Dear PCCC Students,

Today we move into the second week of online learning, remote services and settling into our “new normal.” However, as the COVID-19 situation continues to unfold and impact our communities, your safety and academic success remains our top priorities. Thank you for your understanding and patience as we also navigate our way through this new way of working for you while remaining safe and well. Please know that that faculty and staff are working diligently to prevent setbacks to your academic endeavors here at PCCC and continue to provide excellent student service. We are here for you! You are here for us! Together we will persevere!

The last couple of weeks, I forwarded emails about online learning, Internet providers and Tips on staying safe during this epidemic. I will continue to update you as necessary. Today’s email, however, is about self-care and looking forward to better days.

During this challenging and uncertain time, it is only human to feel lost and afraid; I know at times I do. The daily news and updates from tv, radio and social media are overwhelming at times. One thing I have learned through this is that it is okay to give myself permission to occasionally shut off the words and focus on the birds chirping, the springlike days and the flowers that are starting to bloom. That is what I call balance and strengthening to continue to face the unknown, the challenges before us and at the same time be able to embrace the beauty around us and to focus on the positive things before us.

I believe that together we can help each other weather this storm. I believe that with integrity, patience, and understanding, we can adhere to our community’s current needs and help prevent further harm. When I think of you, the students, I believe in your strength, your resilience, your determination and grit. I believe in your kindness, your sense of civic responsibility, and your ability to adapt. I have often seen students rise to the occasion and overcome adversity time after time. I have confidence in your capability to cross this uncharted territory with us, as a community.

I also want to remember, in a special and grateful way, our first responders, doctors, nurses, firefighters, law enforcement, and all essential personnel. Nowhere exists a

perfect place, but we are lucky to have the safety and services provided by the timely sacrifices of these individuals.

For now, let's uphold one another, whether in positive conversation, motivating thoughts and words, prayers, or good wishes. In this profoundly difficult and seemingly dark season upon us, let's be the light for one another. I believe in you and I believe in PCCC.

I am looking forward to the day I can welcome you back to campus.

Be well,

Dean Goldstein

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