

COVERT-19

DISPATCHES FROM GRADUATE STUDIES

A WORD FROM THE DEAN

by Dr. David Lesbarrères

Dear students,

amidst the litany of emails and communications you've received, it may feel overwhelming to decipher what is truly relevant to you. At the Faculty of Graduate Studies, we've decided to highlight what we think you need to know and add some lighthearted pieces we hope will brighten these days of uncertainty. I wish Covert-19 to be short-lived, but in the meantime, know that we are still here for you, in whatever way you may need.

Grad school is, and will always be, a critical journey for each of you. I was working towards my PhD as I watched the planes of 9/11 come down in between my statistical analyses. In years to come I am convinced you'll be able to say: I lived through COVID-19 during my grad years - and I made it!

More than ever, my team and I care for you. Be brave, be safe and we'll get through this together.

David

I deal with the pandemic by...

FOCUSING ON MY WORK FOR 1 HOUR BLOCKS.
BETWEEN THAT, I COOK, TALK WITH FRIENDS, ETC. -
ARGHAVAN TAFVIZI, BOREAL ECOLOGY

Scientists: The coronavirus is transmitted via human interaction

Grad Students:



THIS PERIOD IN HISTORY...

April 2019 - Annick Dennie was in the final stages of preparing to defend her thesis in MHK. Now, a year later, it's her sister Alexie's turn as she also prepares to defend her thesis in the same program!

1909: For the first time fingerprint evidence is used to solve a murder case. The world's first official Fingerprint Bureau was founded in Scotland Yard in 1901.

1914: 1st successful non-direct blood transfusion is performed by Dr. Albert Hustin in Brussels

1965 - Robert Downey Jr, (American actor) was born in NYC, New York

1989 - An editorial in the "New York Times" declared that the Cold War was over.

EVIDENCE-BASED RECOMMENDATIONS FOR HOW MUCH OVERALL WELLNESS HUMANS NEED IN A WEEK:

(keep in mind, we can start with only a couple minutes and build our way up)

- **Sleep:** 49 - 63 hours of sleep in a week or 7-9 hours/night
- **Hydration:** 14 liters of water/week or 8 x 8 ounces glasses of water or 2 liters/day
- **Exercise:** 150 min of moderate aerobic activity/week or 20 minutes/day
- **Nature:** 120 min of nature/week or 17 min/day
- **Meditation:** 140 min of meditation/week or 20 min of meditation/day
- **Gratitude attitude:** 7 min of gratitude lists/week or 1 min/day

Experts recommend keeping your daily rituals even while working from home



STAY IN TOUCH

We might not be in the office, but we are
always here to help!

David Lesbarrères
dlesbarreres@laurentian.ca

Stacy Sathaseevan
ssathaseevan@laurentian.ca

Dayna Hicks
dhicks@laurentian.ca

Ken Bregman
kbregman@laurentian.ca

Valérie Michelutti
vmichelutti@laurentian.ca

GraduateStudies@laurentian.ca

Twitter: @GradStudiesLUL

Instagram: gradstudieslul

Facebook:

@LaurentianUniversityFacultyOfGraduateStudies



FREQUENTLY ASKED QUESTIONS

Q-Should I register for the Spring session?

A-Yes, you should register for every term until told otherwise if you are in a thesis stream. The 2020 Spring Academic Term is moving forward with online & alternative delivery. Students may continue to register for courses through my.Laurentian.ca and view many of our online courses available through Laurentian Online.

Q: What should I do if I can't take an online course or continue my research as scheduled?

A- While Research on campus is suspended, there are several other ways you can advance your scholarships at this time. Have you read the latest literature that has accumulated in your "To Read" folder? Have you written your methodology section? Is there another dataset that you could analyse with your supervisor? Is there a side-project that could receive your full attention now? Is there an online course you could take to increase your professional development?

Q-Can I go inactive because of Covid-19?

A-As it stands the upcoming term is moving forward so you should contact your Grad Coordinator about going inactive and what this will mean to your program.

Q-Will I be able to graduate this Spring?

A-Students who have applied to graduate and completed degree requirements will be able to graduate. However, Laurentian University's Senate has postponed the Spring 2020 Convocation ceremonies, scheduled for June 1st to June 5th 2020. We recognize that convocation ceremonies hold great importance to our students, and we are committed to finding a way to celebrate with you. We will announce plans for 2020 convocations in the coming weeks and will consult with students in our deliberations.

Q-Will graduate students receive a summer fellowship. If yes, how do they apply and can the award be given to students quickly.

A- First year graduate students who have started in the 2019F, 2019SP, 2019W and some 2020W will be sent all information soon to be able to apply and once the requirements are met, the turnaround time will be less than a week to receive the \$1000 fellowship money.