



LAWRENCE UNIVERSITY
APPLETON, WISCONSIN

Staying Together Apart

Colleagues across campus are staying connected in different ways. Here are some ways the Lawrence community is staying connected while apart:

- Have routinely check-ins with Zoom meetings. These meetings can be daily or weekly. Meet as a team or individually. Some departments start their team meetings with ice breakers while others do daily check-ins individually. No matter how you meet with your team, it is a good practice to do check-ins to stay connected.
- Some departments have taken their meetings outside on walks, “Walk-Meetings”. This gets the team doing something different together.
- Sending E-cards to colleagues to show your appreciation of their efforts while working apart. E-cards can be sent to colleagues within your department or across campus.
 - Some send humorous memes to team members to lighten up their day.
- Take time for self-care/self-reflect. Many colleagues meditate, go for runs or walks to destress from the day. Lawrence Wellness Service has partnered with Sanvello, a wellness app, to provide campus with access to over 20 meditations, personalized messages and journeys, journal and mood tacking. Simply download the app and create an account with your Lawrence email to explore the app.
- Students on campus are using “WhatsApp” to connect through the group chat “Where in the World is Lawrence University”. This is a free app that allows everyone to stay connected from a distance.
- There are other options of communication to stay connected with your department:
 - Sending quick emails saying good morning. Or creating a group chat through Skype or text messages.
- A fun way of staying connected is creating a team playlist through music streaming apps such as Spotify. Have team members add songs to the team’s playlist for all to enjoy.
- While there are many ways of staying connected with your colleagues and department, there are also ways of staying connected with the University:
 - Reading the weekly LU Insider
 - COVID-19 Blog provide resources and the latest on the virus

- Participate in Virtual Hangouts happening on campus
- A non-digital way of connecting with others is sending a care package. It can be sent to a colleague or a whole department.