Dear Technion students,

In this challenging time, we regret that our meetings with you are only virtual. As dictated by the Israeli government, many of our staff are not allowed to work and we are making every effort to continue and provide you with necessary services.

**Dorms** – numerous students continue to live on campus, among them couples and families. We welcome the new students who joined the Technion and the dorms in this semester. The dorms personnel continue to take care of your requests and provide maintenance and emergency services.

**Financial aid (relevant to Israeli citizens)** – we are processing requests for financial aid that were submitted by 23.3.20. Students can submit requests for loans with special conditions in the website: [http://aid.web.technion.ac.il/loans](http://aid.web.technion.ac.il/loans)

**Student advancement** – the counselors are working part time and only several of them provide assistance (in Hebrew and Arabic). English speaking students can contact the International Office. Tips from the counselors on learning in Corona times include:

1) Keep a daily routine and list of study tasks. Keep at least 3 daily anchors constant (e.g. Wake up time, lunch time, bed time)

2) Make a daily “to do list” to maintain a sense of organization with simple tasks to follow. Prioritize your list.

3) Remove/put aside distracting elements. For example, put your phone on “airplane mode” or close loud music.

4) Physical exercise is important to maintain mental concentration. Allow time for working out either in between learning sessions or after you finished studying. You may use special Apps like TABATA.

5) It is important to commend yourselves for keeping the schedule and following your tasks (positive thinking). If you accomplish your daily tasks treat yourself, e.g. watch a movie or your favorite series.

This world-pandemic with its mobility restrictions provides us with new opportunities, not only challenges. It is a time for solidarity and mutual aid. Look around you and see if there is anyone you can reach out to and help. Don’t hesitate to contact us should you have questions or suggestions.

Finally, I would like to thank the dedicated personnel of the Deans of Student Office who work relentlessly to support you, much too often by volunteering.

I wish you and your families health, sanity and success in the spring semester.

Ayelet Fishman

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