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Virtual Care Package 2

Cleveland-Marshall College of Law

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CLEVELAND STATE UNIVERSITY



Exam period can feel overwhelming during 'normal' times. Please know that CSU C|M|LAW faculty and staff recognize that students are facing extraordinary challenges during these difficult times.

But please also know this: **We. Believe. In. You.** Don't hesitate to reach out: we are here.

Below are just a few suggestions to brighten your days of studying.

-Dean Lee Fisher

AT HOME BUT NOT ALONE

For students who enjoyed studying in groups, the library or coffee shops, the lockdown has disrupted favorite study routines. Along with organizing group study sessions with your friends, you might give these a try:

- Close your eyes and enjoy the ambient noise of your favorite café with [Coffitivity](#)
- Recreate the coffee shop experience with a [video](#) of an actual coffee shop (with real live people, remember them?!?)
- While the law library is closed, you can still take the sights and sounds of a [real library](#). If you are feeling a bit more adventurous, [study by campfire along a river](#), up in a [cozy treehouse](#) or in a [medieval tavern](#)!

STUDY SOUNDTRACKS

Spotify offers many playlists designed to help you focus. Energize with the upbeat [House Focus](#) and [Beats to Think to](#) or chill to [Acoustic Concentration](#) and [Mozart Study](#).

Academy-award winning composer Hans Zimmer has composed music for over 150 films. You might find this [mix](#) of his soaring, atmospheric music a perfect study soundtrack.

Lo-fi YouTube channels [College Music](#) and [Chilled Cow](#) have seen significant increases in views of their studying playlists and livestreams since social distancing took effect. Playlist creator Feardog also has a lot of great lo-fi offerings including [3:30 p.m. -- lofi hip hop mix \[study/sleep/homework music\]](#).

TAKE A MOVEMENT BREAK

This brief but effective standing, 6-minute [yoga routine](#) is designed to help you find the right balance of energy before a big event (such as that exam that you are going to ACE!)

The Yoga with Adriene YouTube channel has routines for just about any need or occasion; try a [7-minute](#), [15-minute](#) or [30-minute](#) practice for stress-relief.

While studying, take a few minutes to stretch at the top of every hour right in your chair with these videos from the [Mayo Clinic](#), [Rodney Yee](#), and [joetherapy](#).

STAY-AT-HOME SPECIALS

When you are ready to close the books and call it a night, relax with a special event or performance shown to lift our spirits during these tough times.

- New York's storied [Metropolitan Opera](#) is streaming a different performance every night for free.
- Andrew Lloyd Weber is streaming a performance of one of his musicals for 48 hours over every weekend: [The Shows Must Go On](#).
- Superstars like Benedict Cumberbatch and James Corden appear in [Royal National Theatre](#) recorded performances; a different performance is available over the course of each week.
- A different Shakespeare performance is available every two weeks at [The Globe](#).

DON'T FORGET TO LAUGH

The Office's John Krasinski's YouTube series, [Some Good News](#), is funny and inspiring.

Enjoy a quick laugh from a Key & Peele sketch, watch John Horowitz interview other comedians trapped inside in his Stir Crazy interview specials, or checkout a full stand-up routine on [Comedy Central's YouTube Channel](#).

Try one of these laugh-out-loud comedy podcasts for a brief respite from the day's seriousness:

- [How Did This Get Made?](#) (really bad movies can be really funny!)
- [No Such Thing as a Fish](#) (researchers from the BBC quiz show QI discuss their favorite facts from the week)
- [Office Ladies](#) (stars of *The Office*, Jenna Fischer and Angela Kinsey, give listeners a behind-the-scenes glimpse at favorite episodes)

CORONAVIRUS RESOURCES

[CSU CIMILAW Emergency Student Financial Assistance Fund](#)

[CSU CIMILAW Coronavirus Updates](#)

[CSU Coronavirus Updates](#)

[CSU Coronavirus FAQs](#)

[CSU Health & Wellness Services](#)

[CDC Coronavirus Facts](#)

[FreshWater in the CLE: Local COVID-19 Resources](#)

[Ohio Department of Health Coronavirus Facts](#)

[Ohio Department of Health Stay Safe Ohio Order](#)

[Facebook Coronavirus Information Center](#)

[New York Times Coronavirus Briefing](#)

[American Bar Association Coronavirus Legal Resources](#)

[AccessLex COVID-19 Resources](#)



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