

Dear Students:

It's been a long few weeks with a lot of changes and we want to pause to thank you for being on this journey with us. As your classes continue online, it can be hard to feel connected to your friends and activities. Student Life is here to help you stay connected as you reach for the finish line at the end of the semester. Here are some ways you can continue to be involved:

- **Student Government Elections** will be held virtually from Monday April 6- Friday April 10, 2020. To vote click [here](#). For more information on the candidates, check out our Student Government [election page](#).
- **Student Leadership Academy** – *Did you know that completion of the Student Leadership Academy is added to your Parkland College transcript?*

You still have time to start or complete the Student Leadership Academy this year and any work you do this year will carry into your next semester at Parkland College. We will hold virtual and individual sessions throughout the remainder of the semester. To find our full schedule, visit [www.parkland.edu/studentlife](http://www.parkland.edu/studentlife) and click on Leadership. To learn more about WHY you want to get involved with the Student Leadership Academy, watch this video from your student peers:

[Student Leadership Academy - Parkland College](#)

- **Health and Wellness** is especially important to prioritize as we are out of our normal routines. Check out our CampusWell website at <https://parkland.campuswell.com> for great tips for stress management, eating well, exercise ideas, and time management. If you are looking for other ideas for how to stay well, our Health and Wellness Coordinator, Sara Maxwell is available at [wellness@parkland.edu](mailto:wellness@parkland.edu) to answer your questions.
- **The Prospectus**, your Parkland College newspaper, is now digital. Check us out at [www.prospectusnews.com](http://www.prospectusnews.com). Our journalists are looking for students who would like to share their experiences and tips for coping during this time of social distancing. To share your story e-mail [prospectus@parland.edu](mailto:prospectus@parland.edu) or use #PCtogether.

Sincerely,

Mike Trame  
Vice President for Student Services