

New BIOL students  
this year: 155

Number of sections  
of lectures and labs  
this semester: 115

Number of  
students  
semester: 27

BIOL BEAT  
Sept. 4, 2020

Number of  
instructors: 31

**ON SEPTEMBER 9TH AND 10TH, SOME OF YOUR INSTRUCTORS AND SOME OF YOU MAY WISH TO PARTICIPATE IN SCHOLAR STRIKE CANADA IN SUPPORT OF BLACK, INDIGENOUS, AND RACIALIZED PEOPLES. MRU CONDEMNS RACISM AND SUPPORTS THESE DAYS OF ACTION.**

First time... students! True, we aren't exactly back as normal, but we'll make the most of the situation.

Every... working hard to put your courses online this semester and we're all excited to see how it will play out. Our mantra for this semester is, "I can be flexible and it will all work out!" Just keep repeating that.

If you are uncertain about anything in your courses, make sure to ask your instructors for guidance. All of your instructors are communicating with you on a regular basis via email and/or your course Blackboard site, and always use your MRU email account for communications or things can get lost.

The first week can be overwhelming and confusing. You're not quite sure how your courses will run and how to get things done. Enjoy the first few days back!

MRU-West Gate Took-

Helpful contacts:

- Dorothy Hill (Biology advisor): dhill@mtroyal.ca
- Cheryl Melatdoost & Chelsey Schafer ( BSc. Aca-

help and answer your questions.

**ACTION CAN TAKE MANY FORMS AND IF YOU'RE INTERESTED IN LEARNING MORE,**

**PLEASE FOLLOW THE LINK TO SCHOLAR STRIKE CANADA**

Tracy O'Connor - How can students prepare...

Todd Nickle - What are you...

Adrienne Benediktsson - What...

First, decide on your priorities. Then look at the time you have available and the challenges you're facing. Break large tasks into bite-sized ones and celebrate them. Feel satisfied when you tick off a task, and be flexible when something takes longer than you expected.

In this strange time, we have a chance to move away from... reading, reflection, and practice, students might learn more effectively!

I worry that I won't be able to make the close connections with... the internet that I've had in the classroom. Students'

Happy long weekend, everyone.