Tips for a Healthy and Successful Semester

Before classes start

- Check your myUVU email account to look for emails from your instructor. Each instructor may do things a little different. You can also [forward](#) it to an account you do check daily.

- Login to Canvas and [update notifications](#) for assignments, announcements, and discussion posts.

- Download the [Microsoft Teams](#) app to be able to access your face-to-face and live-streaming classes. This is the same app that is used to meet virtually with your academic advisor. You will need to use your school email UVID@uvu.edu and your myUVU password. This will be the way you are added to your individual class team. Do not use your @my.uvu.edu or your personal email, as you will not be connected to your class. Additional resources can be found [here](#).

- Download a QR Reader App on your phone. QR codes will be used in every classroom to take attendance.

- Check your schedule to verify the modality of each class. There is new course modalities! Here is what you need to [know](#):
  - If my class lists NO day, time or room, then it is fully **Online** via Canvas.
  - If my class lists a day and time but NO room number, then it is **Live Stream** and I attend remotely via Microsoft Teams on the days and at the time listed (accessed via a link in Canvas).
  - If my class lists a day, time AND room number, then it is **Face-to-Face**. I will likely need to attend in person some days and then via Microsoft Teams other days--this is based on my birth date. My instructors will let me know what to expect for each of my classes.

- Invest in earbuds/headphones for studying in between classes to alleviate noise and distractions.

- UVU has identified a class rotation for [face-to-face courses](#) to ensure social distancing based on your birthday. Some teachers may choose another option so it is important to ensure that you are watching for communication from your instructor.

- Stay informed with what is happening during [Fall 2020.](#)

Starting August 24, 2020

- Wear a mask! UVU is a mask required institution. You will need a mask for any in-person courses.

- Social distance appropriately while on campus. Please do not congregate in large groups or remove plastic or signs from chairs. Find an open space to await your next class such as the library or other large common areas in the building.

- Please do not show up to class if you are still on a waitlist. You may only attend a course if you are registered for it. There is a very strategic plan in place for face-to- face class attendance this semester to keep everyone safe. Students not registered for a class will be unable to attend while awaiting a space.

- IF YOU ARE ILL, PLEASE STAY HOME!

- Classrooms will be deep cleaned twice daily. Cleaning supplies will be provided in every classroom to sanitize work areas.

- Bring a personal water bottle and a bottle of hand sanitizer.

- Computer Labs will be open in the National Guard Building and the Fulton Library has loaner computers available if you do not have access to a computer/laptop.

- In Aviation and Emergency Services, you will be required to do a health screening and temperature check prior to entering the building. You may be required to do this in portions of the Health Professions building. If you are ill, please stay home.

- For Aviation students, only students flying will be allowed to enter Hangar B.

- Stay informed with what is happening during Fall 2020.