

SPRINGFIELD COLLEGE



Springfield College **CONNECT**

News and Happenings from Alden Street

Volume 1, Issue 8 • December 11, 2020

This newsletter serves as a communication tool for our students, their families, and our campus community to stay informed. This is an important information platform for Springfield College to periodically share and exchange plans so that, together, we emerge strongly from the COVID-19 crisis.



Message from the President

Dear Students,

You have reached the end of a semester that was full of challenges and uncertainty. As I reflect back on the twists and turns we faced together, I remain grateful for your commitment to Springfield College and to all that went into staying primarily on campus until the end of October. That is a tremendous achievement everyone can feel good about.

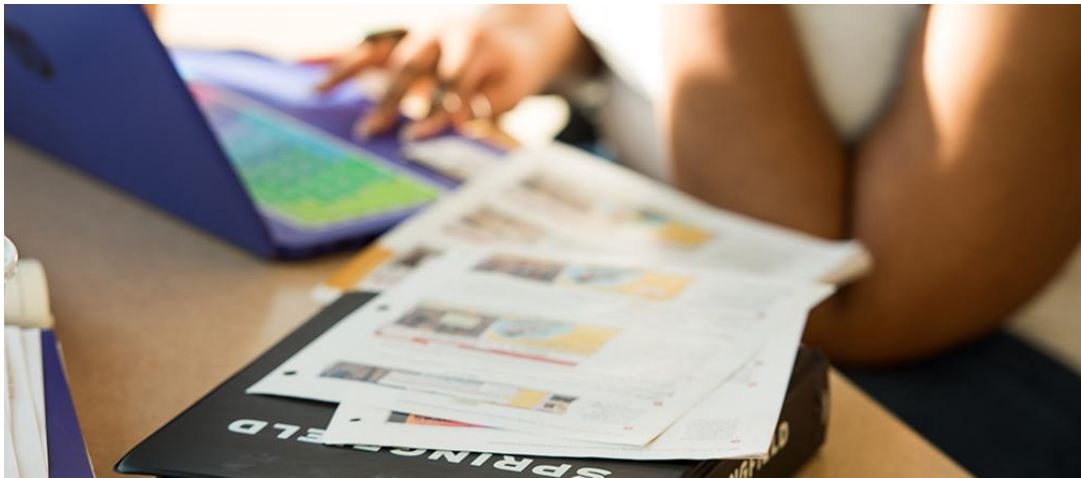
When your finals are complete and we figuratively close the books on fall 2020, a longer than usual semester break is around the corner. Many of you will catch up or get ahead on your academic requirements in our January session. Many of you will work and volunteer in your communities (within the restrictions that we are all now familiar with). I encourage you to also prioritize rest. This is a chance to recharge. Enjoy the time with your families and stay safe during your time away from your Springfield College home.

You will hear from us throughout the semester break about our plans for the spring 2021 semester. Our goal is to remain on campus for the full 15 weeks—and you will help us to get there. Until we see each other again, stay safe, stay well, and know how much we are looking forward to seeing you in 2021.

Sincerely,
Mary-Beth Cooper, PhD, DM
Springfield College President

"As soon as I got back on campus for New Student Orientation, my heart started to feel full again. Although we were socially distant and had masks on, it was great to just be in each other's presence on campus again. With COVID-19 restrictions and guidelines, the staff and students of Springfield College made campus feel safe and like home."

Julia Iwaniec, Class of 2023



Tips on Surviving Finals

Chris Hakala, PhD, director of the Springfield College Center for Excellence in Teaching, Learning, and Scholarship, offers some tactical advice for students as you begin your fall semester finals.

In this video, Hakala breaks down the importance of reviewing the goals for each final, making sure technology is working, getting in a good working space and relaxed frame of mind to take the final, and emphasizing the importance of planning and preparing for each final.

"During a challenging semester, I felt really lucky to be surrounded by a campus community that was supportive. It was helpful



to know we were all in this together, and we had faculty and staff around us who were willing to provide support. I feel optimistic about this spring, knowing that we've fought this battle before!"

Ryan Gray, Class of 2021

Try This Harvest Table Chef-inspired Breakfast Recipe

We will miss our annual Late Night Breakfast in Cheney Hall and the opportunity to come together as a community one more time before diving into finals. Since we can't be together, the Harvest Table chefs put together a recipe for a fun breakfast to make at home—Nutella Stuffed French Toast. It is mouthwatering just reading the recipe. We ask that anyone who makes it at home to please send pictures and a review to studentaffairs@springfield.edu to be entered into a raffle for a prize!

nutella stuffed *french toast*



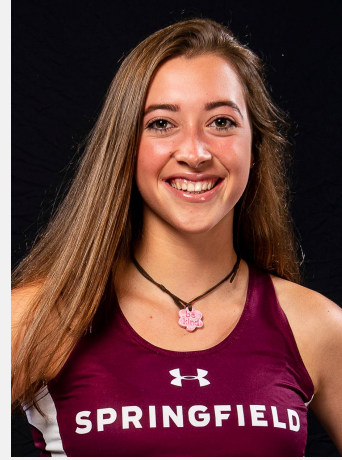
INGREDIENTS

- 1 oz chocolate hazelnut nutella
- ½ oz cream cheese
- 1 cage free egg
- 1 tbs 2 tsp locally sourced 2% milk
- ¼ oz granulated sugar extra fine
- ¼ tsp vanilla extract
- 1 pinch ground cinnamon
- 1 pinch ground nutmeg
- 2 slices texas toast
- ¼ oz oreo cookie crumbs
- ¼ tsp confectioner's sugar

METHOD

1. place fry pan on medium heat
2. mix chocolate hazelnut spread & cream cheese.
3. combine beaten egg, milk, granulated sugar, vanilla extract, cinnamon & nutmeg. whisk until well blended.
4. spread 2 tbs nutella cream cheese mixture onto 1 slice
5. layer 1 tbs cookie crumbs and top with 2nd slice of bread
6. coat hot fry pan with cooking spray
7. dip sandwich into egg mixture
8. cook, turning once until golden brown, 1-2 min per side
9. sprinkle with ¼ tsp confectioners' sugar, cut diagonally in half

"Having an opportunity to experience some in-person classes definitely helped me to stay on task with my work. I'm very excited to have the chance to go back next semester. I am thankful for all of the hard work that is being done for us to have this opportunity again."



Important COVID-19-related Updates at Springfield College

The Massachusetts Department of Public Health has mandated flu immunization for all college students. Therefore, all Springfield College students are required to get the vaccine by Dec. 31, 2020. Documentation of your vaccination must be submitted to the Health Center staff at healthcenter@springfield.edu or faxed to (413) 748-3444 by Dec. 31. If you are a student who will

be enrolled exclusively remotely for the entire spring semester and will not be coming to campus for any reason between Jan. 1-May 19, 2021, you are exempt and must notify the Health Center staff of this exemption in writing by email by Dec. 31. (If you received your flu vaccination on campus, you do not need to provide any documentation since that information is already on file.) Email it to healthcenter@springfield.edu.

Failure to comply with this requirement will jeopardize your enrollment at Springfield College for the spring 2021 term.

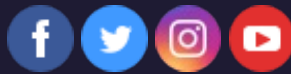
Parents, if you'd like to be added to the COVID mailing list, please send a message to studentaffairs@springfield.edu.

[Check out other Springfield College Covid-19 updates.](#)

If you have questions or comments, please contact the Office of Student Affairs staff at studentaffairs@springfield.edu.

Join the Springfield community online.

Get an inside look at what life is really like at Springfield College.



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Springfield College is a smoke free/tobacco free campus.

Employment Opportunities

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