



## FSCS STAFF MESSAGE

As we approach Thanksgiving and the end of the in-person campus experience, I/we want to thank you for your extraordinary efforts and leadership in 2020. We can celebrate the spirit of perseverance and determination that has defined the fall 2020 semester while acknowledging our human realities. We ask that each member of our community finish the semester with grace and vigor. The grace to allow for rest, recovery and the influx of new leadership and the vigor to see the semester to it's end. Please let us know how we can support you as we wrap up the fall semester and transition into the spring!

In order to assist in slowing the spread, we do not recommend that students return to West Lafayette post-Thanksgiving.

## NAVIGATING THE CHANGE IN SEMESTERS

For many of our organizations, this time of year presents a time of transition as new officers are elected and begin their terms. Regardless of whether your term of office is beginning, ending, or continuing. We know that the transition from semester to semester can present challenges for continuity of information, especially at a time when so many are feeling drained. This year, the sharing of information internally within your organization is vital to the continued success of your chapter or house. With many guidelines, policies and procedures surrounding COVID, Protect Purdue, and organizational activities adapting to changing conditions the importance of sharing information is even higher. If you are finishing up your term, transitioning your role seamlessly will make a great impact on your organization's success moving forward. If possible, setting up a transition meeting between presidents and your FSCS advisor is recommended.

## FORM REMINDERS

**SERVICE & PHILANTHROPY REPORTING**

Due December 1  
[Submit it here](#)

**COST REPORT**

Due December 1  
[Submit it here](#)



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**MEET WITH FSCS STAFF**



Schedule a meeting with your FSCS Advisor:

- [Book online to meet with Spencer, Amanda or James](#)
- E-mail Brandon directly to meet with him.

## COVID TOWNHALL PRE-CPLA

In order to provide updated information about COVID in a timely manner please be on the watch for an FSCL Townhall meeting prior to CPLA (see sidebar for more info). Townhalls provide valuable information from university administrators and medical professionals. Sessions are not recorded, so we recommend attending when at all possible.



## BATTLING ZOOM FATIGUE

With an increased reliance on virtual meetings and platforms amid the concerns about Coronavirus, zoom fatigue is hitting hard. For many of you, in the home stretch of the academic semester after weeks of virtual classes, organizational meetings, and more, you may find that you're worn out and dreading being on your next call.

Below are some tips and tricks to help reduce your zoom fatigue:

- Hide your own video from yourself.
  - In a normal in-person conversation, you would be able to see their face, not your own. Hiding the view of your video means you can focus more on the other person and eases some tension as you feel less pressured to be "on".
- Switch up your screen view
  - It can be tempting to sit on gallery view and peek into other people's backgrounds, see what your friends are doing, etc. Using Speaker View allows you to focus on the person speaking and reduces distractions.
- Avoid multitasking
  - When you're distracted by other things, you aren't paying full attention to the meeting (or class!) you're in. Resist the temptation to be chatting with friends on the side, texting, or checking your email.
- Set boundaries including an agenda!
  - Make sure that you are using your time on screen with other wisely. Plan an agenda in advance and stick to it. Don't keep people on the call longer than necessary so that you can help them manage their screen time as well.
- Could this be a phone call?
  - Since spending so much time on video calls can be mentally taxing, consider what warrants the need to have a virtual meeting and whether or not it could be accomplished as a phone call.

Adapted from the following:

- [Beat Zoom Fatigue With These 6 Tips, Frobes.com](#)
- [How to Beat Zoom Fatigue - and Set Healthy Boundaries, WIRED.](#)
- [How to Combat Zoom Fatigue, Harvard Business Review](#)
- [Zoom Fatigue is Real, Here's Why Video Calls Are So Draining.](#)

## SAVE THE DATE

Council and Presidents Leadership Advance (CPLA) will be held in two parts this year. Virtual modules will be released on Bright Space for all attendees in January. Additionally, the in-person component will be held

**Sunday, January 17.**

Please make travel arrangements accordingly in order to attend.

## HOUSED ORGANIZATION CORNER

### WINTER FACILITY FORM

Last call for this form! This form has a hard deadline of

**November 16th.**

Avoid phone calls from staff, by filling it out now!

### WINTER CLOSING TIPS

- Turn off and drain the plumbing system
- Make sure you have enough fuel for the winter months
- Consider installing a water detection/heat monitoring system like PipeBurst Pro
- Open the indoor faucets slightly to allow water to trickle. Moving water does not freeze as easily
- Leave the doors to cabinets that contain water lines open; this will allow heat to enter that area
- Download the Winter Break Checklist at

[www.holmesmurphyfraternal.com](http://www.holmesmurphyfraternal.com)



CLICK HERE