

## BEING A SCHOLAR AND A PARENT IN A REMOTE WORK ENVIRONMENT

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### Center for Faculty Diversity and Inclusion

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### Challenges of Working from Home

- **Supiano, Beckie. As Covid-19 Erases Line Between Work and Home, Professors Learn to Teach Remotely While Watching Their Kids** (March 27, 2020). The Chronicle of Higher Education.  
<https://www.chronicle.com/article/As-Covid-19-Erases-Line/248370>

### Effective Strategies for Remote Work

- **Lufkin, Bryan. Coronavirus: How to work from home, the right way** (March 12, 2020). BBC News.  
<https://www.bbc.com/worklife/article/20200312-coronavirus-covid-19-update-work-from-home-in-a-pandemic>
- **Thompson, Mindi. Advice for Faculty Members in a Turbulent Time** (March 19, 2020). Inside Higher Ed.  
<https://www.insidehighered.com/advice/2020/03/19/how-faculty-members-can-best-cope-stresses-covid-19-opinion>
- **The Art of Saying No** (webinar), National Center for Faculty Development & Diversity.  
<https://www.facultydiversity.org/webinars/artofno18>  
(Note: membership required to watch, activate for free at <https://www.facultydiversity.org/join>)

### Juggling Work & Family

- **Kiderra, Inga and Clark, Christine. Coping with Coronavirus Stress** (March 26, 2020). UCSD News.  
<https://bit.ly/2yJdL1d>
- **Khazan, Inna. 7+7 Strategies for Working from Home During COVID-19** (March 16, 2020). Psychology Today.  
<https://www.psychologytoday.com/us/blog/biofeedback-and-mindfulness-in-everyday-life/202003/77-strategies-working-home-during-covid-19>
- **Johnson, LA (illustrations). Comic: How To Turn Your Home Into A School Without Losing Your Sanity** (March 27, 2020). National Public Radio.  
<https://www.npr.org/2020/03/27/816575527/comic-how-to-turn-your-home-into-a-school-without-losing-your-sanity>

## Self-care, Self-compassion & Mindfulness

- **Emotional Well-Being and Coping During COVID-19.** University of California San Francisco, Weill Institute for Neurosciences, and Department of Psychiatry.  
<https://psychiatry.ucsf.edu/coronavirus/coping#a>

## RESOURCES

### Child Education Resources

#### **Reading**

Free on-line books to read in English and Spanish.  
<https://www.getepic.com/>

Articles and activities.  
<https://www.achieve3000.com/>

Free Audible books for kids.  
<https://stories.audible.com/start-listen>

#### **Mathematics**

Think Central math activities through the CVESD website.  
<http://schools.cvesd.org/district/students/Pages/CVESDStudents.aspx#.XoOn6YhKg2w>

Math practices.  
<https://www.levered.com/>

Expert-created content and resources for every course and level.  
<https://www.khanacademy.org/>

#### **Physical Fitness**

Videos where students are encouraged to be active and perform physical activities.  
<https://www.gonoodle.com/>

Yoga and mindfulness for kids.  
<https://www.youtube.com/user/CosmicKidsYoga>

Kidz Bop Dance Along Videos to incorporate music and movement into your daily routine.  
<https://www.youtube.com/playlist?list=PLMr-d2PLsO95ydptpBnsxdQNSKc9iUNU0>

Nintendo Switch Just Dance® 2020 (purchase required).  
<https://www.nintendo.com/games/detail/just-dance-2020-switch/>

## **Other Resources**

Family-friendly website with videos and information about animals, stories, hands-on activities, and games.  
[www.kids.sandiegozoo.org](http://www.kids.sandiegozoo.org)

Online Learning with the Ocean Experts at Birch Aquarium.  
<https://aquarium.ucsd.edu/teachers/online-learning>

Website that provides educational games and activities for school-aged children.  
[www.abcya.com](http://www.abcya.com)

A great site for students in a Dual Immersion Program, there are grammar lessons, songs, videos, and activities.  
[www.agreenmouse.com](http://www.agreenmouse.com)

KPBS launched an at-home learning response to school closures, includes a new educational schedule for broadcast on KPBS 2, as well as free digital content for at-home learning and support for teachers and parents.  
<https://www.kpbs.org/news/2020/mar/16/-home-learning-where-children-matter/>

## **Faculty Resources**

National Center for Faculty Development & Diversity - COVID-19 Resources.  
<https://www.facultydiversity.org/covid19>

Stanford Graduate School of Education: COVID-19: Teachers, Families, and the Future.  
<https://ed.stanford.edu/covid19>

The Commons: Support for Faculty & Students During COVID-19 Disruption.  
<https://commons.ucsd.edu/covid-19/educators/webinars.html>

Academic Personnel Services, Work/life Resources During COVID-19 Social Distancing.  
<https://aps.ucsd.edu/facdev/covid-19/worklife.html#External-Virtual-Entertainment->

## **UC Policies**

- Instructors Own the Copyrights to Their Course Materials, Including to Their Recordings of Their Lectures.  
<http://copyright.universityofcalifornia.edu/resources/ownership-course-materials.html>
- Courses Taught Remotely Due to COVID-19 Are Not Created Using Exceptional University Resources.  
<https://policy.ucop.edu/doc/2100004/CourseMaterials>
- Your Course Presentations, Including Recordings, May Not Be Distributed, Except in Limited Circumstances.  
<http://copyright.universityofcalifornia.edu/resources/recorded-presentations.html%5D>
- Guidance on Copyright of Course Materials at UC San Diego (see memo from Executive Vice Chancellor Elizabeth H. Simmons, March 24, 2020).  
[https://aps.ucsd.edu/files/facdev/3-24-20\\_Library\\_Guidance\\_on\\_Use\\_of\\_Copyrighted\\_Material.pdf](https://aps.ucsd.edu/files/facdev/3-24-20_Library_Guidance_on_Use_of_Copyrighted_Material.pdf)

## **Articles**

**Nikos-Rose, Karen. Tips for Surviving Social Distancing** (March 24, 2020). UC Davis News.  
<https://www.ucdavis.edu/coronavirus/news/surviving-social-distancing-tips-uc-davis-experts/>

**Berinato, Scott. That Discomfort You're Feeling is Grief** (March 23, 2020). Harvard Business Review.  
[https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?utm\\_source=pocket-newtab](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?utm_source=pocket-newtab)

## **Mental Health Resources**

UCSD Center for Mindfulness.  
<https://medschool.ucsd.edu/som/fmph/research/mindfulness/Pages/default.aspx>

University of California, San Francisco Weill Institute for Neurosciences, Department of Psychiatry.  
<http://psychiatry.ucsf.edu/coronavirus>

The Faculty and Staff Assistance Program (FSAP).  
fsap@ucsd.edu | <https://blink.ucsd.edu/sponsor/hr/divisions-units/fsap.html>