

RIVERHAWK ENGAGEMENT

Daily at-home activities,
recipes, wellness tips &
engagement opportunities



SEA@WVUP.EDU



WVU PARKERSBURG
STUDENT ACTIVITIES



@RIVERHAWKS_SA

"A little progress
each day adds up
to big results."

MONDAY

BOOK OF THE WEEK

"The Great Gatsby"

TIP OF THE DAY

Create a defined
workspace at home for
school or your job. This will
help create a new routine
while we are under the
stay at home order.

TV EPISODE OF THE DAY

MythBusters: "The Busters
of the Lost Myths"

(Season 17, Episode 2)

"Encourage yourself, believe
in yourself & love yourself.
Never doubt who you are."
- Stephanie Lahart

TUESDAY

MOVIE OF THE DAY

"The Breakfast Club"

ACTIVITY OF THE DAY

You sunk my battleship!
Grab someone in your
house or Zoom a friend
to play your favorite
board game.

JOKE OF THE DAY

What do you call a fake
noodle?

The answer will be posted on our
Instagram story at 7PM.

WEDNESDAY

CHANGE YOUR PERSPECTIVE

I'm stuck at home.

 I get to be SAFE in
my home & spend
time with my family.

I will get sick.

I will self-isolate & wash my
hands. This will significantly
DECREASE my chances of illness.

There is too much uncertainty right now.



I CAN control my actions.
Getting enough sleep, proper
nutrition, good thoughts,
exercise & doing activities
I love at home will all help
during this time.

SPONSORED BY HEALTH & WELLNESS

"Your life isn't yours if
you always care what
someone else thinks."

THURSDAY

THROWBACK THURSDAY

Find your favorite picture
from high school & post
it to Instagram. Make
sure you tag @riverhawks_sa!

RECIPE OF THE DAY

Take a classic and put a
twist on it! Try one of
these grilled cheese
sandwich recipes.

<https://bit.ly/2UC1BOP>

FRIDAY

SUPPORT HOTLINE

During this time of higher
anxiety, resulting from
circumstances related to the
COVID-19 crisis, you may find
some comfort in talking. If so,
know that you can **call Kurt
Klettner**, Student Support
Services executive director,
**at any time, including
evenings and weekends,
until this crisis is behind
us.** Please call **Kurt's
campus cellphone** at
304-588-0142.

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"We may encounter many defeats but we must not be defeated."

- Maya Angelou

MONDAY

BOOK OF THE WEEK

"Fahrenheit 451"

TIP OF THE DAY

Having trouble adapting to online classes?

Try a Zoom study group or sign up for a Zoom tutoring session by emailing

tutoring@wvup.edu.

EPISODE OF THE DAY

M*A*S*H: "Adam's Ribs"
(Season 3, Episode 11)

TUESDAY

TACO TUESDAY

Taco Casserole

Ingredients:

- 1lbs ground beef (or turkey)
- 1 onion, chopped
- 2 cups of corn
- 1 cans of black beans
- 1 cans of diced tomatoes
- 1 package of taco seasoning
- 2 cups cooked rice
- 1 cup of shredded cheese

Directions:

- Brown ground beef & stir in taco seasoning
- Add corn, tomatoes & beans
- Spray non-stick spray on a 9x13 pan & spoon in rice
- Add meat mixture over rice
- Top with cheese
- Baked covered at 350* for about 25 minutes

WEDNESDAY

"Yesterday's the past, tomorrow's the future, but today is a gift: that's why it is called the present."

- Bill Kane

MOVIE OF THE DAY

"Ferris Bueller's Day Off"

SELF CARE TIP OF THE DAY

Take a 30-minute power nap.

JOKE OF THE DAY

Why is a bad joke like a bad pencil?

The answer will be posted on our Instagram story at 7PM.

"What lies behind us, and what lies before us are tiny matters, compared to what lies within us."

- Ralph Waldo Emerson

THURSDAY

THROWBACK THURSDAY

Find your favorite picture from a WVUP event and post it to Instagram.

Make sure you tag @riverhawks_sa!



FRIDAY

ACTIVITY OF THE DAY

Spring is officially here, so it's time to start spring cleaning!

Grab a donation bag or box and head to your closet. Anything you haven't wore in the last year or doesn't fit goes in the donation pile.

When the stay-at-home order is lifted, drop your donations off to the place of your choice!

PODCAST OF THE DAY

The Goop:

Navigating COVID 19

<https://bit.ly/39lgqou>

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MONDAY

MINDFULNESS

"Peace Begins With Me"

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Today is the day to learn how to meditate. Follow the link below.



<https://bit.ly/2V9vVAw>

Contact our Health and Wellness Coordinator at pamela.santer@wvup.edu for more information.

"You can't go back and change the beginning, but you can start where you are and change the ending."

- C.S. Lewis

TUESDAY

BOOK OF THE WEEK

"Frankenstein"

TIP OF THE DAY

Every hour, take a lap around the inside of the house. This allows for a break and gets you moving throughout the day.

EPISODE OF THE DAY

The Office: "Stress Relief"

(Season 5, Episodes 14 & 15)

WEDNESDAY

"Shoot for the moon. Even if you miss it, you will land among stars."
- Les Brown

MOVIE OF THE DAY

"Hidden Figures"

ACTIVITY OF THE DAY

STARGAZING

Grab a blanket or chair and head outside. If you're lucky, you might spot a shooting star!

<https://bit.ly/3e8H4dA>

JOKE OF THE DAY

What does a star win in a competition?

The answer will be posted on our Instagram story at 7PM.

"Success is never final; failure is never fatal; it is courage that counts."
- Winston Churchill

THURSDAY

THROWBACK THURSDAY

Find your favorite picture from your most cherished vacation and post it to Instagram. Make sure you tag @riverhawks_sa!

YOUTUBE CHANNEL OF THE DAY

Having trouble in a math class or want to learn something new?

Try Khan Academy!

youtube.com/user/khanacademy

FRIDAY

RECIPE OF THE DAY

Smore's Please!

Did you know you can roast them over a fire, bake them in the oven, and you can even air fry them?

Try some of these fun recipes!

<https://bit.ly/2yPd8TR>

SUPPORT HOTLINE

You can call Kurt Klettner, Student Support Services executive director, at any time, including evenings and weekends. Please contact Kurt at **304-588-0142**.

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"It always seems impossible until it's done."
- Nelson Mandela

MONDAY

MOVIE OF THE DAY

"Jurassic Park"

TIP OF THE DAY

Do something you love at home today. You could stream a concert or sporting event. Have an at-home spa day or binge-watch your favorite show. Read a book or paint a picture. Maybe even try something new!

BOOK OF THE WEEK

"To Kill A Mockingbird"

TUESDAY

"Success is journey, not a destination"
- Ben Sweetland

SELF-CARE TIP OF THE DAY

Take a morning and afternoon walk. Fresh air and exercise can make a difference in your mindset during this extended period at home.

EPISODE OF THE DAY

Comedians in Cars Getting Coffee: "Just Tell Him You're the President"
(Season 7, Episode 1)

WEDNESDAY

ACTIVITY OF THE DAY

Backyard Picnic

Pack a lunch and grab a blanket or two, it's time to get some fresh air!

It's important to remember to practice social distancing, so if you don't, have a yard picnic inside. For some fun ideas, check out the links below!

Food Network:
<https://bit.ly/34Lr3X2>

Chow Hound:
<https://bit.ly/2xG1Fpp>

Fun Stuff to Do:
<https://bit.ly/2VAgm5j>

"If you do not hope, you will not find what is beyond your hopes."
- St. Clement

THURSDAY

THROWBACK THURSDAY

Find your favorite picture with your pet and post it to Instagram. Make sure you tag @riverhawks_sa!

JOKE OF THE DAY

Did you hear about the mathematician who's afraid of negative numbers?

The answer will be posted on our Instagram story at 7PM

FRIDAY

RECIPE OF THE DAY

Mashed Potato Casserole

thecozycook.com/mashed-potato-casserole

YOUTUBE CHANNEL OF THE DAY

Crash Course

"How to Make Tough Decisions: Crash Course Business"
youtu.be/vLxjUNINfnY

FOLLOW US ON SOCIAL MEDIA

To stay in touch and receive updates.

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"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."
- William James

MONDAY

MOVIE OF THE DAY

"The Lion King"

TIP OF THE DAY

Have a virtual lunch date or call a friend you haven't seen in a while. It's important to stay connected during this prolonged period of isolation.

BOOK OF THE WEEK

"Pride and Prejudice"

"Be the change you wish to see in the world."
- Mahatma Gandhi

TUESDAY

EPISODE OF THE DAY

How I Met Your Mother:
"Match Maker"

(Season 4, Episode 4)

JOKE OF THE DAY

Why don't lobsters share?

The answer will be posted on our Instagram story at 4PM

WEDNESDAY

ACTIVITY OF THE DAY

Live Concert

We may not be able to attend in person, but there are plenty of concerts you can stream at home.

youtu.be/BzjMqd6KqXg

SUPPORT HOTLINE

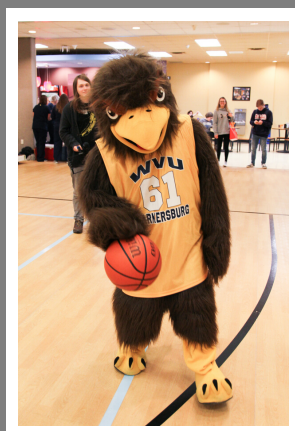
If you are feeling anxious and overwhelmed, reach out to our campus counselor Kurt Klettner, Student Support Services executive director, at any time, including evenings and weekends. Please contact Kurt at **304-588-0142**.

"If life were predictable, it would cease to be life, and be without flavor."
- Eleanor Roosevelt

THURSDAY

THROWBACK THURSDAY

Find your favorite picture from WVUP and post it to Instagram. Make sure you tag @riverhawks_sa!



FRIDAY

RECIPE OF THE DAY

Bruschetta Chicken
Pasta

Ingredients:

- 6 Roma tomatoes
- 2 cloves minced garlic
- 1/2 cup of fresh basil
- 1 tbs of balsamic vinegar
- Salt and pepper
- 1/2 lb Angel Hair pasta
- 2 boneless, skinless chicken breasts
- Balsamic glaze

Follow link for cooking instructions.

yellowblissroad.com/bruschetta-chicken-pasta/

Finals Week Edition

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"The most effective way to do it, is to do it."

-Amelia Earhart.

MONDAY

MOVIE OF THE DAY

"Monsters University"

TIP OF THE DAY

Finals week is upon us. Check out these study tips from the University of North Carolina.

**Studying 101:
Study Smarter not Harder**

[learningcenter.unc.edu/
tips-and-tools](http://learningcenter.unc.edu/tips-and-tools)

TUESDAY

MINDFULNESS

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Check out these mindfulness and meditation apps.

- [InsightTimer](#) is a free app for Apple and Android devices.
- [Calm](#) is a popular app that offers a free library of content to help your mindfulness practice.

WEDNESDAY

RECIPE OF THE DAY

The Best Study Snacks

[Buzzfeed: 17 Power Snacks For Studying.](#)

[College Magazine: 21 Snacks that Will Help You Get Your Study On](#)

[NAU: The 10 Best Brain Food Snacks for Studying.](#)

Student Activities Coordinator Samantha Suggs' favorite study snack is Orville Redenbacher All Natural Sea Salt popcorn with hot sauce!

Share your favorite study snack on Instagram and tag [riverhawks_sa!](#)

THURSDAY

SELF-CARE DURING FINAL EXAMS

Feeling the stress of exams? Check out these tips for maintaining self-care during finals.

[8 Ways to Practice Self-Care During Finals Week](#)

**Tips from our Health and Wellness Coordinator
Pamela Santer**

Simple Grounding Exercise:
Describe (5) things you see, (4) things you feel, (3) things you hear, (2) things you smell and (1) thing you taste. Grounding helps with anxiety, anger, PTSD and focus.

Find Joy: One minute of anger weakens the immune system for 4 to 5 hours. One minute of laughter boosts the immune system for 24 hours.

FRIDAY

CONGRATULATIONS!

You completed another semester. Some of you have made it to graduation, and we will miss seeing you on campus in the Fall.

It's time to take a breath and enjoy your accomplishments! Even those of you taking summer classes need to enjoy a break between semesters.

We can't wait to have our Riverhawks back on campus this Fall. Until then, we hope you have a peaceful and restful summer. To our graduates, we hope you know you will always be apart of the Riverhawk family!