

Hog Bytes 1/27/21



We know, another email. But this email is different. Since there's a lot going on and it's tough to keep up with everything, the Division of Student Affairs wants to help you stay up-to-date in a byte-sized way.

COVID, COVID, COVID.

COVID-19 is still out there and it's not going away anytime soon. You can reduce your COVID-19 risk with these simple tasks:

- Screen and get tested for COVID-19. PWHC makes getting tested easy, and it's FREE.
- Wash your hands. Seriously, we shouldn't have to ask this.
- Clean and disinfect. No one likes to do chores, but nothing beats that virus-free scent.
- Keep your distance and don't gather in large groups.
- Wear your mask (and wear it correctly). Bonus: It keeps your face warm this winter.
- Stay home if you're sick or possibly exposed. Quarantining isn't fun; but a guilt-free Netflix binge is.

Testing for COVID-19 is still being offered at [Pat Walker Health Center](#) and does not have any out-of-pocket costs for students. It is the best place for students to get tested. Easily schedule a COVID-19 test by calling 479-575-4451 or book online at myhealth.uark.edu. Follow [@uofahealth](#) on Instagram.

It's Ok to Not Be Ok

When you feel overwhelmed, out of sorts, or are having difficulty coping, don't underestimate the power of talking it out. [Request virtual Let's Talk sessions](#) with CAPS online. Counseling and Psychological Services is available 24 hours/7 days a week at 479-575-5276. If you are calling after hours, press 1 to speak to a counselor on call. The campus community may also reach out to UA Cares at uofacares@uark.edu.

Find Your Study Family

Learning by yourself can be boring and ineffective at times. Why go at it alone? [Join a study group](#) with others in your same class or topic area. And visit the [Student Success Center website](#) for tips and resources to help you in your academic journey.

UREC Bucket List Challenge

Go on an outdoors trip, play an intramural sport, take a group fitness class, swim in the HPER pool - all of these things (and more) count toward the UREC Bucket List Challenge! Complete a certain number of activities to win prizes! [Get the instructions and full list of activities here.](#)

All students have a UREC membership. Visit <http://urec.uark.edu/> to learn more about University Recreation or follow [@urecarkansas](#) on Instagram.

Commit to Well

By now you've probably finished Netflix...twice. So this semester UARK Wellness wants to motivate you to do any type of physical activity (even walking) during the Commit to Well challenge! Sign up and earn points (for free stuff) by completing wellness challenges beginning Monday, Feb. 1. at <fitevent.uark.edu>. Learn more about UARK Wellness at <wellness.uark.edu>.

Mini-Bytes - To learn more visit <https://hogsync.uark.edu>

- Funding Session #1: Come Learn how to apply for RSO funding! Today, 1/27 - <https://hogsync.uark.edu/event/6670889>
- On-Campus & Summer Jobs Virtual Fair, Thursday, 1/28 - <https://hogsync.uark.edu/event/6630440>
- Improv Show and Workshop, Friday, January, 1/29 - <https://hogsync.uark.edu/event/6701998>
- ASG 2021-22 applications close 2/1 at 12 noon – <https://hogsync.uark.edu/event/6730813>
- Apply for the many Student Affairs 2021-22 scholarships by Feb. 15 – <https://studentaffairs.uark.edu/scholarships.php>