



Social Distancing FOR DUMMIES[®]

By Justine DiCio

STAY INDOORS. FLATTEN THE CURVE
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With the recent spread of COVID-19 to the United States, state and national officials have advised civilians to retreat to their homes, including that of us students here at UAlbany, in order to limit social contact, stop the spread, and ultimately #FlattenTheCurve. Here you will find a guide to multiple activities you may wish to participate in, in order to keep busy while social distancing during this time. Please remember, this is not forever. We will get through this together as Great Danes.

Below, you will find a vast list of activities to keep busy during this time of social distancing.

Get that A!

Of course, we still have class. Some through platforms like Zoom, some not.

Remember all other activities that you once engaged in (working, seeing friends, club meetings) you may not be involved in anymore (at least for this time). Put all you've got into your work. Take this time, with limited distraction, to make every single assignment a project. As little as a discussion post, as big as a research paper. Maybe you can organize your papers or documents on your laptop. Personally, my papers are everywhere from the past two semesters and my Google Docs account is in terrible need of order. This can positively impact your academic performance, as it would for me. Maybe find new, cute ways to organize your papers in a binder, or notes in a textbook. Take your sweet, sweet time and secure your A!

Here are some links:

College Raptor | 12 FREE Online Study Tools Every Student Should Know About

<https://www.collegeraptor.com/find-colleges/articles/tips-tools-advice/10-free-online-study-tools/>

Thought Co. | 20 Creative Study Methods

<https://www.thoughtco.com/creative-study-methods-4017405>

College Raptor | 15 Tips & Tricks Make Sure You To Have The PERFECT Study Session

<https://www.collegeraptor.com/find-colleges/articles/tips-tools-advice/15-tips-tricks-make-sure-perfect-study-session/>

Inform ED | 10 Smart Study Tactics That Support How The Brain Actually Works

<https://www.opencolleges.edu.au/informed/features/how-does-the-brain-learn-best-10-smart-studying-strategies/>

AsapSCIENCE | The 9 BEST Scientific Study Tips

<https://www.youtube.com/watch?v=p60rN9JEapg>

TopThink | 10 Mind Tricks to Learn Anything Fast!

<https://www.youtube.com/watch?v=Y2VITpe4srk>

Pinterest | Study Tips

<https://www.pinterest.com/keaneeoef/study-tips/>

Youtube | lofi hip hop radio - beats to relax/study to

<https://www.youtube.com/watch?v=5qap5aO4i9A>

Learn a Language!

Maybe you'll like it enough to want to take it at UAlbany in the Fall and you'll be well equipped and extra prepared to get that A! Even if the aim isn't to take it in the fall, there are so many advantages of being multilingual, or even having basic knowledge of another popular language such as Spanish.

Here are some sites to get you started:

DuoLingo | Learn a language with Duolingo.

<https://www.duolingo.com/>

Pinterest | Language Learning Tips

<https://www.pinterest.com/intrepidguide/language-learning-tips/>

TEDBlog | How to learn a new language: 7 secrets from TED Translators

<https://blog.ted.com/how-to-learn-a-new-language-7-secrets-from-ted-translators/>

Mark Manson | 22 Tips for Learning a Foreign Language

<https://markmanson.net/foreign-language>

Youtube | HOW TO LEARN ANY LANGUAGE IN 2 WEEKS

(#QuarantineLearning)

<https://www.youtube.com/watch?v=HXPhCPqBlhs>

Learn Your Ancestry!

I wouldn't recommend doing a DNA test just yet during this time as we are all very scared of germs and spreading, and someone on the other end of DNA kits has to handle the DNA sample you send back (which is usually spitting in a tube). Instead, investigate! Call relatives and get to the bottom of things. Maybe they can help from their homes by sending photos of documents they have. Maybe make it into a vision board or a family tree for your home! Share your findings with your family, even if in different households, to include them and keep them occupied too! You can make it a group project. They may have more direct access to family members you may not (an older relative who isn't great with technology/phones; relatives in another state or country). Get creative, and become your family detective.

Try some of these links:

National Geographic | 8 Tips to Help Find Your Family Tree

<https://www.nationalgeographic.com/travel/features/genealogy-heritage-travel-roots-tips/#close>

The New York Times | Why You Should Dig Up Your Family's History — and How to Do It

<https://www.nytimes.com/2019/02/03/smarter-living/why-you-should-dig-up-your-family-history-and-how-to-do-it.html>

Youtube | How to Trace Your Ancestors as Slaves

<https://www.youtube.com/watch?v=7k-jbncWiq0>

Pinterest | Ancestry / Genealogy / Family History Stuff

<https://www.pinterest.com/simpsopl/ancestry-genealogy-family-history-stuff/>

Declutter!

Go through your dresser and closet, or think about things you simply don't use anymore and are just taking up space. Sell some items on Poshmark or

Mercari and donate the money raised to a charity of your choice! Many charities are missing out on chances for donations/revenue during this time as thrift stores are closed, negatively impacting their organization. You'll be giving yourself more space in your home and helping others in the process!

Make sure your items are freshly cleaned and sanitary, maybe alert the buyer to also be safe by immediately washing/disinfecting the items and disposing of the shipping materials safely in order to keep themselves safe. Even if you don't feel symptoms of corona, it's never harmful to be cautious.

Below are some links to these sites, plus some extras!

Budget Dumpster | The Ridiculously Thorough Guide to Decluttering Your Home

<https://www.budgetdumpster.com/resources/how-to-declutter-your-home.php>

Becoming Minimalist | How to Declutter Your Home: 10 Creative Decluttering Tips

<https://www.becomingminimalist.com/creative-ways-to-declutter/>

Poshmark | <https://poshmark.com/> Mercari | <https://www.mercari.com/>

Go Fund Me | 25 Best Charities to Donate to in the US (2020)

<https://www.gofundme.com/c/blog/best-charities-to-donate-to>

Charity Watch | Top-Rated Charities

<https://www.charitywatch.org/top-rated-charities>

Youtube | Decluttering for Messy People

<https://www.youtube.com/watch?v=LAtHvIPViJo>

Youtube | EPIC Deep Clean; Declutter, Organize and clean with me

<https://www.youtube.com/watch?v=LAtHvIPViJo>

Spring Cleaning & Organizing!

You'll be in the house for a little while, why not clean out that closet or that drawer you haven't gone through in years? You can make room for something you actually need the space for. There is no spring more perfect for cleaning than the one we were given this year. Get out the Lysol wipes and Swiffer you brought back from your dorm (or maybe you bought a Costco pack of wipes and cleaning supplies back in August) and get cleaning! It doesn't need to be a super deep clean, but remember the deeper you go the cleaner it'll be and the longer it'll last. You'll have a spotless area to start with these other activities, a clean area to work on class assignments, and maybe it'll last you long enough until this all blows over.

If your an organization loving person, these links are for you:

Youtube | How to Be More Organized & Productive; 10 Habits for Life Organization

<https://www.youtube.com/watch?v=QZUQvIf301Y>

Pinterest | Organization

<https://www.pinterest.com/chasingfoxpins/organization/>

Lifhack | How to Organize Your Life: 10 Habits of Really Organized People

<https://www.lifhack.org/articles/productivity/how-organize-your-life-10-habits-really-organized-people.html>

Also, with the clearing out of grocery stores, now would be a good time to utilize what you've had sitting in your pantry for months. Check expirations, and bring everything expiring the soonest to the front to ensure it gets used and does not go to waste.

Home Exercise!

You can even Facetime/Skype a friend and do them together if you can sync it! If you have a Planet Fitness membership, they are sending out home fitness videos to the email you signed up with. I am unsure if other gyms are doing similar, but regardless the internet is overflowing with these types of videos. Don't let this situation ruin your stride. Find yourself an area, maybe in your living room or backyard, and get started! Whether you have maximal space or minimal space, there are exercises for everyone. Even yoga, which doesn't require too much space, can be done. Grab a mat (you can even use a folded blanket or a few towels for padding) and get going! Start the cooking activity listed and get started on some healthy snacks!

Here are some links:

Very Well Fit | Workouts at Home to Tighten and Tone

<https://www.verywellfit.com/best-home-workouts-3495490>

Ace Fitness | Top 25 At-Home Exercises

<https://www.acefitness.org/education-and-resources/lifestyle/blog/6593/top-25-at-home-exercises/>

Pinterest | • Fitness •

<https://www.pinterest.com/mysequineddreams/fitness/>

Youtube | 15 MIN FULL BODY STRETCH & COOL DOWN ROUTINE

<https://www.youtube.com/watch?v=flDQ-Av5DZ8>

Youtube | Low Impact FULL BODY HIIT Workout (No Equipment + No Jumping)

<https://www.youtube.com/watch?v=JkVHrA5o23o>

Cooking is Fun!

And you're honestly probably better off handling your own food from now until this is over. Of course, millions of sanitary measures can be taken in restaurants with their take out only options, but unless you are physically there to prepare the food, you truly can never guarantee whose hands are on your food. Be safe, and get cooking. Pinterest has so many cool recipes, maybe you'll discover a new struggle meal for having moved back home where options can be slim (without the diversity and abundance in options at the Campus Center). Get started on your cooking skills for moving into your University Apartment next semester! "Wow" your housemates.

See the links below:

Pinterest | Recipes

<https://www.pinterest.com/topinspired/recipes/>

Youtube | 3 EASY Pantry Meals; Dinner Made Easy

<https://www.youtube.com/watch?v=gg2Cf-rh9hI>

Youtube | 25 Pantry Meals To Make During Quarantine

https://www.youtube.com/watch?v=8h_4HgnGB8c

Youtube | 43 Easy 3-Ingredient Recipes

<https://www.youtube.com/watch?v=IFe6ag34eMg>

Youtube | 3 Cheap & Easy Potato Recipes; Struggle Meals

<https://www.youtube.com/watch?v=inZr-Sms5bo>

Grow a Garden!

It'll give you something to put some care into. This can be something you put in your backyard, on your balcony, on your porch, or even on your windowsill! You'll have something that depends on you, and in some weeks you'll have something beautiful to look at! If inside, you and it will have a great relationship. You'll be around indoors more often, giving it the carbon dioxide it needs to give you oxygen! maybe you have some seeds and soil in your garage or shed you can put to use from last spring. If not, believe it or not, Amazon has *everything*.

Here are some links!

Pinterest | Indoor Planters and Pots

<https://www.pinterest.com/arizonapottery/indoor-planters-pots/>

Pinterest | Indoor Plants

<https://www.pinterest.com/sarahsteagarden/indoor-plants/>

Pinterest | Decorated flower pots

<https://www.pinterest.com/bettytee44/decorated-flower-pots/>

Apartment Therapy | 15 Indoor Garden Ideas for Wannabe Gardeners in Small Spaces

<https://www.apartmenttherapy.com/15-indoor-garden-ideas-for-wannabe-gardeners-in-small-spaces-228575>

Grow a Good Life | How to Grow an Indoor Garden

<https://growagoodlife.com/indoor-garden/>

Top 5 Beginner Tips For Apartment Gardeners | Aja Dang + Epic Gardening

https://www.youtube.com/watch?v=Yn39Pr-zHv8&ndt=17&andab_channel=AjaDang

If that is not feasible, many plants can be reproduced by grabbing a sapling from an adult plant! Here are some ideas of those plants.

SFGATE | What Vegetable Plants Can Be Started From Cuttings?

<https://homeguides.sfgate.com/vegetable-plants-can-started-cuttings-36521.html>

Wide Open Eats | Growing Plants from Cuttings Is the Easy Way to Start Your Own Garden

<https://www.wideopeneats.com/growing-plants-from-cuttings/>

Learn a New Hobby!

Personally I'm very crafty, but do not know how to crochet although I wish I did. that doesn't mean I can't learn! Using crocheting as an example, you can make anything from sweaters to blankets, to potholders to bags.

Crocheting can be very therapeutic and time consuming (in a good way!). Before you know it, hours will have passed, and you'll have a new blanket to sleep with (and bring back to your dorm in the Fall), and a new bag to shop with when this all finally blows over. Additionally, with making bags, you're also saving the earth! Get rid of the one use plastic bags, and save your nickel for the paper bags still offered in grocery stores. You can make reusable, eco-friendly bags out of lots of things (recycled magazine/newspaper woven bags, etc).

I've attached some links I found below:

Youtube | HOW TO CROCHET FOR ABSOLUTE BEGINNERS

<https://www.youtube.com/watch?v=GcOzdAzmtNM>

Youtube | DIY bag making by recycling old magazines- best out of waste-how to make tutorial- DIY with sayan

<https://www.youtube.com/watch?v=1hdXeYmYHqI>

My Domaine | 100 Hobby Ideas for When You Don't Want to Spend Any Money

<https://www.mydomaine.com/hobby-ideas>

Pinterest | DIY

<https://www.pinterest.com/jordanferney/diy/>

Start a Blog!

There are billions of blogs all over the internet on anything imaginable. Maybe you have some good advice! Maybe you want to vlog your life while social distancing to promote the practice onto others who may not see the value in it. Maybe you enjoy writing, you can fill the blog with poems and other literature you've created during your distancing. There is nothing too simple, and nothing is too silly. There are websites on absolutely everything.

Here is a link to get you started:

Create & Go | New Blogger Personality Quiz

https://createandgo.com/blog-niche-quiz/?utm_source=pinterest&utm_medium=cpc&utm_campaign=start-a-blog-quiz

Every single activity listed here can be paired up with at least one other.

Organizing your fridge or pantry can lead to creative mixes of cooking ingredients that need to be used anyways, a vegetable garden can be grown for the freshest ingredients and spices, and you can leave on a new playlist in the background while you cook to discover some new music! In fact, music can be played in just about any of these activities. A new playlist can be left on while you complete school work (even if it's softer music), while cleaning/organizing, doing home workouts, crafting, brainstorming ideas for a blog, and more! Maybe you clean out an area in your home to find old newspapers and magazines, or yarn, and will be killing two birds with one stone, to start crafting reusable bags for shopping! The possibilities are endless, are these are only very few of the multiple activities to be done.

Such activities can turn this difficult time into something not so.

Again, remember you are not alone. If anything, we have each other during this time, as Great Danes. If you need assistance (physical, mental, academic), please reach out to the many resources provided by UAlbany.

If you have any critiques or additions for this list, please don't hesitate to email me!

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Have a great day, you can do this! ☺