

**Temple  
University**

University College

**Resources available to the  
Temple Community:  
Activities, Videos &  
Programs**

Contact University College

Care Team by:

Email: [UC\\_Cares@temple.edu](mailto:UC_Cares@temple.edu)

Phone: 267-530-2933

# ARTS, THEATER & MUSIC

Terrell Stafford, Chair,  
Instrumental Studies and Director,  
Jazz Studies shares his music and  
performances with us via  
YouTube.

Temple Theaters just uploaded  
the entire archival footage of  
our production of *A Midsummer  
Night's Dream* to our YouTube!  
Follow them on Twitter for more  
at @TempleTheaters!

The Ultimate Guide to Virtual  
Museum Resources,  
E-Learning, Online Connections  
& Virtual retreats! Access  
endless open museum content  
here.

The talented students and staff  
at Temple Theaters worked  
together to record their material for  
the Temple Musical Theater senior  
showcase, and it's a celebration to  
be proud of. Watch now!

Boyer College of Music and Dance has  
compiled a variety of resources to  
help address our financial, mental,  
emotional and health needs, including  
resources available specifically from  
Boyer, like Music Therapy,  
Mindfulness and Yoga.

# HEALTH & WELLNESS

Feeling stressed? Take a break to practice mindfulness. Perhaps it is connection you seek, or a time-out from the anxiety of uncertainty.

Also try these one-minute meditations.

Jelani McMath, EDU '19, a primary therapist in a women's trauma unit at Penn Medicine, recommends using the five senses as a way to reduce stress during these uncertain times.

We asked experts from the Fox School of Business about their tips for ways to get through this period and help you manage your stress.

"I can't get the same kind of help I was used to getting, and that's stressful." As students struggle with mental health, a Philadelphia counselor, Amanda E. White, offers solutions to help



# CRAFTS FOR ALL AGES

Rachel Ignatofsky, TYL '11, a *New York Times* Best-Selling author and illustrator, and recent 30 under 30 recipient, has a [fun coloring page download](#) on her website for a family-friendly activity.

Try a fun and informal tutorial on [block lettering](#) with Mary Kate McDevitt, TYL '08. All you need is a pencil and scissors!

Enjoy art? Missing campus? Check out these [coloring book pages](#) from "Color Me...Cherry & White" published by the Temple University Press.



# EDUCATIONAL RESOURCES

***The Power of Deliberate Listening* TEDx Talk by Ronnie Polaneczky, CLA '91. When an angry reader began cursing her out over the phone, newspaper columnist Ronnie Polaneczky had an epiphany: magic happens when we set aside our judgments and just listen, even when we are certain that person is wrong and we are right. The experience set her on a quest to understand the true meaning of what she calls “deliberate listening.” When deep listening becomes a deliberate practice, like a muscle to be exercised, we open new creative spaces in our lives for connecting with others and fully expressing ourselves.**

**For teachers and parents helping their students, we have more than 160 free, open-source educational videos available for children produced by faculty and students from our College of Science and Technology.**

**Temple University's Office of Non-Credit and Continuing Education offers many free courses in partnership with ed2go. Our diverse offering of online courses, which are led by expert instructors, are interactive, affordable, and geared just for you.**

# VIRTUAL TRAVEL

**Don't fret, happy travelers! With over 46,000 square miles of smiles to explore, you can still pursue your happiness, or hominess, in PA. Now may not be the time to travel, but these virtual tours of history, art, and nature will surely inspire your travel dreams.**

**Travel across America from your Living room (no luggage needed)! Summer Vacation might look different this year, but you can still visit these kid-favorite destinations with our roundup of fun books and activities.**

**Adventure Aquarium may be closed for now, but their commitment to you and your family is always a priority. We hope these fun and educational activities inspire your child to learn and continue exploration of life underwater. Check in often for the latest fun activity for your family!**

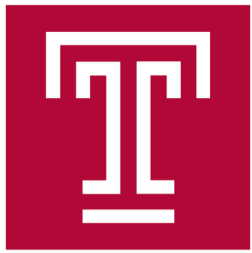


# ADDITIONAL RESOURCES

**Virtually visit and interact with the  
Ambler Campus and Arboretum while it is still closed.**

**Our Small Business Development Center at the Fox School of Business and at Temple Ambler have been serving Philadelphia and the surrounding communities since 1983. Their highly-trained and experienced staff are here to provide start-up and small businesses with professional knowledge and assistance. Their mission is to help small businesses grow and succeed. They offer daily open office hours for one-on-one Q&A sessions and access to business consultants at no cost to you.**

**Learn about the Ambler Arboretum, the gardens, Arboretum membership and volunteer opportunities here.**



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### **AMBLER CENTER CITY HARRISBURG ONLINE**

Ambler Arboretum   Continuing Education Systems  
Digital Education   Institute on Adolescent Sexual Health  
Institute on Protective Services   Non-Credit and Continuing Education  
Network of Evaluation Services and Training  
Off-Campus Programs and Training   Osher Lifelong Learning Institute  
Real Estate Institute   Senior Scholars   Summer and Pre-College  
ProRanger Program   Park Ranger Law Enforcement Academy

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