

---

**From:** Tener, Kristen  
**Sent:** Wednesday, May 13, 2020 5:00 PM  
**To:** Tener, Kristen  
**Subject:** Cadet Message - May 13, 2020  
**Attachments:** MIndfulness Mondays slide.pptx

Good Afternoon,

This week our campus has been packed full of (mostly virtual) meetings on what comes next and some decisions have been made. Accordingly, I want to answer some questions that we have been getting and provide a couple of updates. You can also expect an email from the Office of the President this week as a follow up to Chancellor White's recent announcement that the majority of the CSU's will remain virtual for the Fall semester.

Questions:

- **What is the Long Range Planning Group (LRPG) and who is on it?**
  - The Long Range Planning Group has been charged with developing curricular plans over the next sixteen months to help students stay on-track or get back on-track to a timely graduation. The five focus areas of the group are:
    - Helping all seniors to graduate
    - Spring 2020 face-to-face instruction (with health and safety as our top priority)
    - Commercial Cruise
    - Impacts/Adjustments dues to suspension of TSGB Cruise
    - Fall 2020/Spring 2021 dates and teaching modalities (virtual, face-to-face)
  - The group is chaired by Deans Neto and Maier and is comprised of representatives from a variety of departments across campus including, the Triad, Faculty, Career Services, Financial Aid, Registrar, Facilities, Library, Enterprise Services, and Student Affairs.
- **When will Face-to-Face Instruction begin?**
  - Dean Neto sent an email yesterday that notes that we will not be returning on May 20<sup>th</sup> and that no date has been solidified
  - While there is no concrete date, we will provide you with at least one week's advance notice so you can plan your return where appropriate
  - In terms of conditions for returning to face-to-face, we know that we will not try to return until we are confident in our ability to keep folks healthy/safe.
- **When will I hear about a refund for TSGB Cruise?**
  - The Office of Administration and Finance will be sending a message this week
  - Please note that Accounting is churning out checks as fast as they can – there was a huge influx in the last month between refunds and CARES checks that need(ed) to be processed/cut

Additional Information & Updates:

- **Secured Watch:** Secured watch is currently being carefully coordinated and is not open to all Cadets.
  - Cadets who are interested in secured watch must contact Cadet Chief Mate, Lukas Oswald, at [loswald2528@csum.edu](mailto:loswald2528@csum.edu) for additional information.
- **Counseling & Psychological Services (CAPS):**
  - **CAPS remains open for virtual appointments:** Monday through Friday, 0900-1500
    - If you are a student who has already had counseling and would like to resume, please contact Andrea Schneider, LCSW at [aschneider@csum.edu](mailto:aschneider@csum.edu). If you are a new client, please contact Student Health Services at 707-654-1170 to set up an initial appointment (or contact Andrea at

[aschneider@csum.edu](mailto:aschneider@csum.edu)). If you are a current Cal Maritime student, you have access to free therapy! Take advantage of this service that is available to you, and bust your stress!

- **Mindfulness Mondays:** Our next Zoom session will be **Monday, 5/18 at 12 noon**.
  - Please see the attached slide for Zoom invitation. Sessions are 30 minutes in length and designed to help lower stress in these unprecedented times. **The entire campus community is welcomed.**
  - On 5/18, Andrea Schneider, LCSW (Lead Counselor for CAPS) will guide attendees through Square Breathing, Butterfly Tap, and Safe Calm Place. We will skip 5/25 (Memorial Day holiday) and resume 6/1. Any mindfulness-based practitioners who would like to guest-lead are welcomed to contact Andrea ([aschneider@csum.edu](mailto:aschneider@csum.edu)).
- **Summer Stress Buster Zoom Room:** More information/dates coming soon!
  - Andrea Schneider (CAPS) and Erin Cole (of MakerSpace) will be joining forces again to engage students in creative ways to bust that stress and connect up with fellow students/cadets at Cal Maritime on Zoom!! Although we aren't able to meet in MakerSpace, we will create our own virtual stress-busting expressive arts extravaganza which will include fun and easy projects. Stay tuned for more details and simple materials to have on hand.
- **Office of the Commandant:**
  - One of our staff, Commandant Anthony Konecni, has been called to active status with the United States Coast Guard for the next 90 days to assist with operations related to the Coronavirus pandemic at Sector San Francisco. We support and commend Commandant Konecni for his service and look forward to his return prior to the start of the Fall term.
    - During Commandant Konecni's time away from campus, Cadet leaders from Engine Company will work closely with Commandant Taliaferro and Deputy Commandant Pelczarski to prepare for the upcoming academic year.

Hope you are doing well. If you have any questions, please don't hesitate to reach out – we can set up a phone call or Zoom as well.

Best,

Assoc. Dean Tener

**Kristen Tener**

Associate Dean of Student Engagement



California State University Maritime Academy  
200 Maritime Academy Drive  
Vallejo, CA 94590  
707-654-1786

*"Leadership is not about who you are; it's about what you do"*