



## 'I'm in training and I'm making a map': How one explorer is making the most of the COVID slowdown

*Lynn Moorman*

*"This unexpected interruption can serve us if we can use it well and keep thoughtful, engaged and healthy."*

[READ THE ARTICLE](#)



## Financial preparedness for a possible work disruption

MRFA

*"You could think about your financial preparedness for strike or lockout as being akin to paying insurance premiums. Unlike insurance premiums, however, if no disruption ever occurs, the money is all yours!"*

[READ THIS ARTICLE](#)



## COVID-19 has disrupted our comfortable academic rhythm

*Kristene Coller*



## How to make the most of your academic summer: A coaching Q&A

*Leslie Kern*

*"This summer I won't need to worry about lining up guest lecturers or coordinating exam invigilators so that I can attend and present at conferences that are important to my continued career development (although I would much prefer that challenge to the situation we are currently facing). "*

[READ THE ARTICLE](#)

*"...there are unintended consequences whenever a government decides post-secondary performance is something that can be distilled on a spreadsheet, or that the value of a university education is in its contribution to the workforce, to the future earnings of its grads. "*

[READ THE ARTICLE](#)



### **How the coronavirus crisis could affect Canadian student finances**

*Alex Usher, HESA*

*"The obvious answer is that it's going to be very tough: the shut-down specifically targets the sectors that students rely on for jobs: tourism, restaurants/bars, and other service industries. "*

[READ THIS ARTICLE](#)



### **Welcome to your hastily prepared online college course**

*Ryan Weber, McSweeney's*

*"Due to concerns about COVID-19, our university recently gave me three hours to move our entire class online for the next three to sixteen weeks. I am providing these instructions for a seamless, uninterrupted course experience."*

[READ THIS ARTICLE](#)

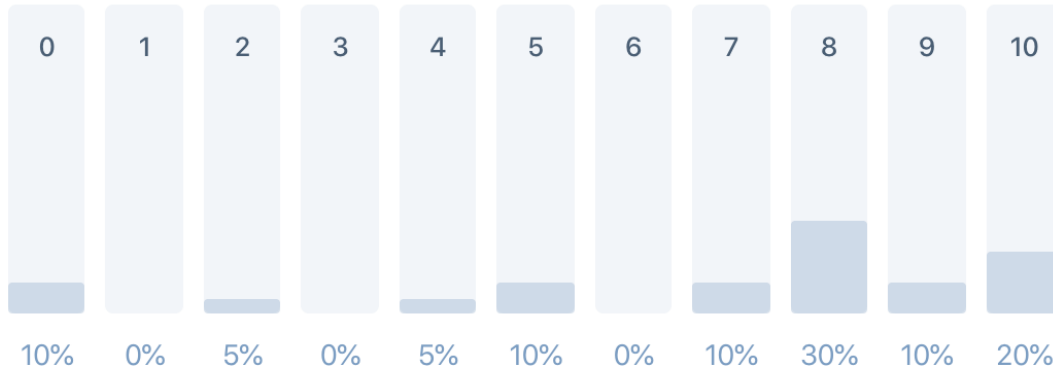
## **MRFA Quiz**

*Here's what we heard in last edition's quiz:*

Did you know, Alberta's Occupational Health and Safety Act now refers to psychological hazards, including bullying and harassment? Take our anonymous survey: how concerned are you about your physical and psychological wellbeing at work?

Avg. 6.8

20 out of 21 people answered this question



Not concerne...

Highly conce...

*This edition, we want to know more about your summer plans and how you're doing in the coronavirus lockdown. [You can take the two-question, anonymous quiz here.](#)*

*Stay safe everyone!*



**Mount Royal Faculty Association**

W315 - 4825 Mt. Royal Gate SW

Calgary, Alberta, T3E 6K6

[office@mrfa.net](mailto:office@mrfa.net)

**[MRFA.net](http://MRFA.net)**

403-440-6103