March 12, 2020

Dear Psi Chi family,

The health and safety of the Psi Chi community is our highest priority during the COVID-19 global outbreak. Universities around the country are suspending classes. This means the majority of our members who are currently in higher education are faced with uncertainty.

As a health psychologist who studies stress and coping, I know that this situation brings with it both physical and psychological challenges. While your campus’ and/or workplace’s policies will vary, consider limiting your exposure to large groups of people and maintaining safe social distance at all times, consistent with WHO and CDC guidelines. The best method to keep infection at bay is still frequent hand washing and covering coughs and sneezes properly.

For faculty, there are numerous resources to help you teach remotely such as those listed at teachpsych.org. Many universities also have good sites for students. Examples from my home institution Oregon State can be seen here: https://learn.oregonstate.edu/keep-teaching and https://learn.oregonstate.edu/keep-learning. In addition, Psi Chi has many resources online that can be used to support your online teaching. These include full access, even to nonmembers, to articles in the Eye on Psi Chi and Psi Chi Journal of Psychological Research, blog, upcoming webinars, and most saved webinars. The Central Office will be sending more detailed information about using our resources for your online teaching.

Most importantly, know you have our support. Do not hesitate to reach out if you need information on how best to cope with this disruption to the fabric of our daily lives.

Sincerely,
Regan A. R. Gurung, PhD
President, Psi Chi, the International Honor Society in Psychology
Oregon State University