



Together, we are #JUStrong

Greetings and welcome back to the #JUStrong newsletter!

We hope that you are able to safely self-isolate at home and that essential workers are staying healthy. [Last week](#) we told you how Jacksonville University was preparing for a period of isolation, and what our community is doing to be stronger together. With so many of us adjusting to remote work for the first time, we thought we could kick off the week with our favorite tips for staying #JUStrong!

Here are four ways to make the most of your Monday :

- x Check out these [tips for working from home](#).
- x Switch up your work/study from home music! Enjoy this [free Jazz playlist](#) by the Linda Berry Stein College of Fine Arts faculty in the absence of on-campus concerts.
- x Show that YOU are #JUStrong in your next Zoom meeting by using these [JU backgrounds](#).
- x Read this feel-good [story about some of the awesome work being done by our DolphiNurses](#).

Please let us know how you are doing! We have loved hearing from our Dolphin alumni, students, families, and friends as we navigate these uncharted waters together. You can always reach us at [supportju@ju.edu](mailto:supportju@ju.edu). Be sure to check your email for your weekly dose of Dolphin spirit and stay connected with us on [Facebook](#), [Twitter](#) and [Instagram](#)!

Stay #JUStrong!

- Your Office of Alumni and Family Engagement

P.S. ± - 8 ~~th~~ birthday is just around the corner on April 16 and this year we hope you can help us toast to our Class of 2020. [The bookstore is offering a 10% discount](#) so you can order yourself some new JU gear. Use the code TEAM20 at check out. Then, send us a picture using the hashtag #JUToast!

[Nellie Student Support Fund](#)