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Subject: Provost's Notes: Week 8
Date: Monday, October 12, 2020 5:05:24 PM

Good afternoon!

Welcome to Week 8 of the fall 2020 semester – we're halfway there, folks! It's encouraging that we've made it this far without having to significantly shift operations in the midst of a global pandemic. Thanks for exercising such resolve and flexibility this semester.

A few announcements:

- **Free COVID Testing:** As Dr. Higdon mentioned in *Notes*, the college has expanded free testing on the Springfield campus for those who have had a COVID exposure but who are not exhibiting symptoms. Testing is available Mondays and Wednesdays from 2:30-3:30 p.m. and on Fridays from 9-10 a.m. The drive through testing is in Lot O just west of Lincoln Hall. Visit <https://www.otc.edu/covid#free-testing> for more information, the consent form and the patient information form. Please bring those forms with you to the testing site.
- **A Note About COVID notifications to Students:** If you are an instructor who happens to test positive for COVID-19, please do not direct your students to quarantine. If students are required to quarantine, the local Health Department will issue this directive. Instead, please instruct your students to monitor for symptoms. Free [CoxHealth Virtual Visits](#) are also still an option for students, as is the free testing offered on the Springfield campus.
- **If You Are Sick:** In response to your feedback, the college has made it easier for employees to find information about what to do when they feel ill with COVID-19 symptoms. No more hunting around on the website! From the OTC home page, click on "OTC COVID-19 UPDATES." From there, you will see a button that says "Employees—If You are Sick." That will take you to a page with consolidated resources: virtual visits, free Springfield campus testing, who to contact, etc.
- **Reminder – Grades Due:** Midterm grades are due for 16-week classes this Friday (10/16) at 10 a.m.; Final grades for A-block classes are due Monday (10/19) at 10 a.m.
- **Faculty Self-Care Resources:** The Center for Academic Innovation has compiled some resources that you may find helpful. The [Faculty Self-Care](#) page is now up, and has several useful tools and articles archived there. Also, in case you missed it, the Center for Academic Innovation facilitated a Faculty Self-Care and Compassion Fatigue webinar presented by Burrell Behavioral Health Services on October 2. The [recording is now available](#) to view.

I understand that the phrase "faculty self-care" has become a bit trite over the last few months, and that reading a few articles isn't going to take your stress away. But the hope is that you gain a few tools to help you better cope with all the daily moving parts and turmoil in the world. If you're feeling like you are failing at your job right now, let me assure you that

1) you're in good company (please tell me I'm not the only one), and 2) you are your own worst critic. We're all feeling a little unsteady and off our game. Remember, grace and patience – with others and yourself.

Each week, I end these emails with some variation on a question which asks what I can do to help you. A big thank you to those of you who actually tell me. So once again, what questions do you have? What kind of support do you need? Never hesitate to reach out.

Have a great week!

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