

## Union Pulse

Colorado Springs Education Association  
April 8, 2020

### Important Evaluation Information

Please check your RANDA evaluation rubric now to see how much of it has been completed and when the latest entries were made. We suggest you download a pdf of the your most recent evaluation and of your mid-year evaluation so that you have that record prior to final weighting.

### Colleagues Are Willing To Assist

Last week we asked members to let us know if they had a few minutes to help a colleague. The intent of this sharing is not to become an on-going lesson, but to give some tips and pointers that might be helpful.

Members have volunteered to assist in these areas: Class Dojo, Flipgrid, Jabber, Khan Academy, Prodigy, Read Works, Schoology, solving teaching issues, Web Ex, Zoom.

If you are interested in connecting with one of these members to get some advice, please send an email to CSEA and include your name and the program you'd like to discuss. To ensure that we don't overwhelm those who have volunteered, we will be making these connections on a first come, first served basis.

### Employee Assistance Program

District 11 provides a confidential Employee Assistance Program (EAP) for you and your family. The services are **not** reported to D11. The benefit is in place to help you navigate difficult waters and provides professional counseling. Learn more [here](#).

### Teaching and Academic Resources

The Smithsonian has provided a list of 10 **museums** offering virtual tours [here](#).

Google Earth is giving virtual tours of 31 national **parks** [here](#).

The Space Foundation Discovery Center has robust **science** materials [here](#).

### How To Help

Ways To Volunteer From Home And [How To Help](#) Food Banks During Coronavirus

### For Your Pleasure And Health

Want to get more active at home? [Visit this site](#) for a list of streaming workouts.

Meditation is a proven way to relieve stress and anxiety. Check out free apps that provide guided meditations such as [Insight Timer](#).

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