

## **Stay Engaged During Uncertain Times**

Hello, my name is Dr. Tanya Herring. I am the Assemblies of God Chaplain. My message today is about staying engaged during uncertain times. In uncertain times, it is possible that new information arrives that will challenge our plans, but may I encourage you to develop skills of flexibility and adaptability while you stay engaged.

Many of you may ask, what do you mean by staying engaged? What I mean is, before COVID-19 and the varying levels of shutdowns, as a student, you were engaged with your studies or perhaps about to begin your studies at university; alternatively, you may be a staff or faculty member preparing to teach or provide academic support. Taking a non-academic example, perhaps you had an exercise regimen that is now constrained. I want to inspire you to be flexible, to find new and innovative ways to exercise and stay active.

Regardless of the particular situation, please allow me to encourage you to stay focused on that engagement. Adapt to the circumstances surrounding the uncertainties and turn them into a win-win situation. For those of you, who are students, I invite you to use your time to build upon your study skills. For example, where several months ago, you may not have had the time to dig a little deeper into those topics of research, to expound upon that paper with other knowledge, now you can seize what I refer to as 'windows of opportunity' to continue to strive for excellence. Or, as a higher-education teacher or staff member, maybe you have always wanted to develop a new or existing teaching approach. Now, the situation has evolved, giving a 'window of opportunity' where you are able to redirect the focus and engage in activities that may have been pushed down on your 'to do' list.

As I close, may I once more encourage you to make productive choices, stay motivated, and engaged to continually move in a positive direction during uncertain times? Again, my name is Dr. Tanya Herring, and I am the Assemblies of God Chaplain. I am here, alongside the rest of the Bangor University Chaplaincy Team, to speak with you and provide pastoral support and assistance during these uncertain times.