

THE RENSSELAER GUIDE TO

# Living and Working Well While Social Distancing

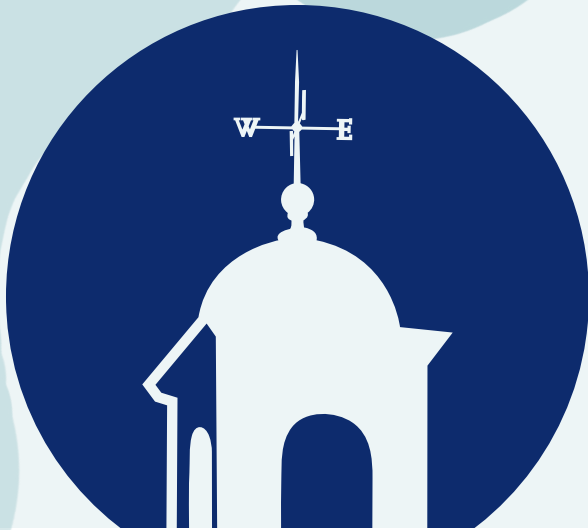


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## INTRODUCTION

Founded in 1824, Rensselaer Polytechnic Institute and its community members have persevered through the most unsettling events in American history, from the Civil War to the September 11 terrorist attacks.

The Rensselaer community has also directly contributed to many of the country's greatest triumphs, from the moon landing to the interstate highway system. While the COVID-19 pandemic represents the most significant disruption to daily life in the memory of many — if not most — of our community members, it is also important to remember that Rensselaer has an important role to play in finding solutions and enabling national progress.

In addition to one of the most powerful supercomputers in the world, Rensselaer is home to experts in critical areas, including data science, artificial intelligence, networking, therapeutic interventions, advanced materials, and public health. All of them (including AiMOS, the

supercomputer) are actively engaged in developing effective interventions to combat COVID-19. However, there are many other members of our community who are doing their part to fight this pandemic by staying safe and working hard at home, despite new and unexpected challenges. As one might expect, the broad expertise housed at Rensselaer provides useful solutions for these, as well.

Covering topics ranging from the best contemporary board games to play on game night, to useful tips for maintaining focus while working from home, the following is a brief sampling of recommendations from Rensselaer experts on how to stay happy, healthy, and productive while practicing social distancing.

# GET THE RIGHT LIGHT

Light is a powerful tool for battling depression and anxiety, as well as for improving mood, immune function, and sleep. It is important to maintain your circadian rhythms through exposure to a 24-hour light-dark cycle. This is particularly important to remember when other aspects of your typical daily schedule are disrupted and you are stuck at home. Mariana Figueiro, the director of the Lighting Research Center, recommends the following strategies for maintaining a healthy “light fitness” routine:

## MAKE ARTIFICIAL LIGHTS BRIGHTER

If stuck in a windowless room, increase the electric light by a factor of four during the daytime. So, where there might typically be one table lamp in a home office, Figueiro recommends adding three more.

## GO OUTSIDE

Go for a 30-minute walk or run around the same time every day, ideally in the morning, if you can. This is an ideal way to get light exposure and keep your biological clock in sync.

## KEEP TO A SCHEDULE

Wake up and go to sleep at roughly the same time every day. It is important to establish a rhythm.

## GET A LOT OF BRIGHT LIGHT DURING THE DAY

Light at any time of day provides an immediate alerting effect, similar to coffee or tea.

## WORK NEAR A WINDOW

If going outside is not an option or there is a need to focus on work indoors, set up near an uncovered window and spend as much time as possible facing the window during the day.

## AVOID BRIGHT LIGHTS AND SCREENS AT NIGHT

The intense glow from an electronic screen can significantly affect sleep. Try turning off screens an hour or two before going to bed.

## USE DIM LIGHT IN THE EVENING

Warm, low lighting mimics sunset and signals the end of the day.



# MAINTAIN FOCUS AND WELL-BEING WHILE WORKING FROM HOME



Timothy Golden, a professor in the Lally School of Management, is an expert with more than 20 years of research in the fields of remote work, telework, telecommuting, and virtual teams. He said there are a number of easy steps one can take to maintain their focus and well-being while working from home. While conceding that there are no guaranteed solutions, Golden offered the following tips to help people remain productive at work, even if that work is suddenly and unexpectedly based in their living room:

## **DON'T LET YOURSELF BECOME ISOLATED**

“Make sure that you remain connected to other people. The need for personal connections and social interactions is deeply rooted in our biology, so don’t let the physical separation from others allow you to feel isolated.”

## **KEEP A ROUTINE**

“Just as you would if you were working in the office. Get up, get dressed, and begin your workday at regular times. And don’t forget to stop working when it’s time to switch off and attend to non-work activities.”

## **DON'T GIVE IN TO DISTRACTIONS**

“Don’t let household distractions pull you away from your work tasks and add to your stress. By maintaining disciplined work habits and not succumbing to the temptation to become distracted, you will decrease anxiety and feel better.”

## **TAKE BRIEF BREAKS**

“Take time throughout the day to help you reinvigorate your energy levels. This is particularly important if you are doing work that requires concentration. Ideally the breaks are 10 minutes or so and let you log off from your work activities for a brief time. Take a brief walk around your home, talk with family members, or eat a healthy snack. This will recharge your energy so that you can resume being productive.”

## **KEEP CONNECTED TO YOUR SUPERVISOR**

“Make sure you maintain regular communication with your supervisor via email, phone, videoconferencing, etc. Set clear expectations about work hours. This is key to avoiding any misunderstandings and boosts the likelihood of a successful work-from-home experience.”

# FIND NEW OPPORTUNITIES FOR CONNECTION

By combining the creative use of technology with a dash of playfulness, you can find, in the current crisis situation, an opportunity to find new — and potentially deeper — connections.

That has been the experience of Tomie Hahn, a professor of performance ethnology in the Arts department and the director of the Center for Deep Listening, and Alicia Walf, a senior lecturer of neuroscience in the Cognitive Science department. They have co-taught courses on well-being and creativity at Rensselaer for more than five years, forging the path for a new interdisciplinary minor in well-being. Hahn and Walf realized that the practices and research relating to stress and uncertainty that they were teaching in their well-being courses for first-year students, all of whom are facing major transitions in their lives, could be applied to the current situation. So while working from home during the pandemic, they have joined together to host virtual cafés for their colleagues. These have led to social exchanges that are both substantive and refreshing. “In a sense, the sequestering has challenged us to creatively think of ways to be together, to find those connections that help us be whole as social beings,” they said.

Here are their tips for hosting a virtual café:

## **KEEP THE GROUP SMALL**

Hahn and Walf say that six or fewer is the ideal number so that everyone has a chance to chat.

## **ALLOW PEOPLE TO COME AND GO AS THEY PLEASE**

This eases pressure often created by scheduled meetings and enhances inclusion in these informal check-ins.



# FIND NEW OPPORTUNITIES FOR CONNECTION

## ACKNOWLEDGE REALITY

In their virtual café, as well as in online yoga and meditation (practices they also highly recommend) sessions Hahn and Walf have hosted, they have not shied away from prolonged discussions about the stress and emotional pressure created by the current pandemic.

“Acknowledging that everyone is expressing pressures and stress is healthy,” they said, “but we make sure that we do not linger on it too long, which would not be healthy. Instead, we share and note these stressors and then shift our awareness to begin our relaxation practices.”

## CHECK IN

In addition to checking in with others during a virtual café, Hahn and Walf encourage people to check in with their own bodies and minds. This encourages awareness of changes that may signal shifts in physical and mental health. It can also provide a reminder to do simple techniques to improve how one is feeling in the moment, like stretching their body, taking deep breaths, and taking note of their thoughts and emotions.

## RELIEVE PRESSURES

The point of these interactions is to be together. It’s important to realize that the outcomes of the activities are not the priority, so there is no need to worry about being profound or even making sense. Connecting, creating, and collaborating are the keys.

## SIGN OFF, BUT DON’T TURN OFF

Even after logging out of the virtual café, Hahn and Walf stress the importance of maintaining practices that encourage mental and emotional resilience and flexibility until the next opportunity for a check-in comes along. For example, they recommend daily writing or doodling with no set goal other than just to let the mind wander.

## BE CREATIVE

Walf and Hahn have found that activities that they have used to engage students in the classroom can be put to use in their virtual cafés to cultivate creativity and even share some laughs. One example that has proven popular is a writing improvisation exercise in which one participant starts a narrative, then it gets passed on to another member of the group, who adds a few lines, and so on. “This requires us to really listen to the words of others and to be flexible in a way that is so important in our current situation, where listening to others and connecting is critical for our well-being,” they said.



# STAY CALM DURING MARKET VOLATILITY

National crises often cause significant volatility in the stock market. The COVID-19 pandemic, which led to a bear market, is no exception.



Many younger investors have never experienced a bear market, something that is stressful for even the most experienced investors. The rapid loss of investment value and severe daily swings can be very difficult to handle at a time when one is also dealing with the fears of getting physically sick.

Thomas Shohfi, an assistant professor of finance and accounting in the Lally School of Management, advises young investors through the RPI James Student Managed Fund. The guidance he gives his students is useful for anyone experiencing anxiety about their investments:

*"I tell them not to let it dictate their lives and to not become addicted to watching the fluctuations. Be confident in the long term and avoid short-term speculative risks that could permanently damage their portfolio. They can use this time to focus on things that are productive in their job, schoolwork, or career. They can take time off to enjoy their family and friends or seek diversions, such as exercise, reading, or video games. But still, it can be unbelievably mentally stressful, and students should take advantage of mental health resources, if needed. With instant access via our phones to every market movement, it's tough to resist getting caught up in the volatility. The right balance is personal. In addition to anxiety from the pandemic itself, be aware of how the market is influencing your mental and emotional state. If you become uncomfortable, step away and do something else productive, relaxing, or distracting."*



## AVOID SCAMMERS

Working from home requires the use of technology to connect with team members and to access firm information resources.

Kofi Arhin, a doctoral student in the Lally School of Management at Rensselaer who studies phishing scams and cybersecurity threats, said this will make employees more vulnerable to attacks. He observed that the combination of the need to stay constantly connected, to exchange confidential information electronically rather than in person, and to rely on potentially less secure home networks makes for an environment that is ripe for scammers.

Arhin recommends that people remain vigilant and take extra precautions to verify the identity of individuals they are interacting with. He also recommends that IT departments share examples of known phishing schemes.

“Just like a vaccination introduces pathogens into the body, employees who have been made aware of existing techniques used by scammers will have an easier time recognizing a scam when it hits their inbox,” Arhin said.

## TRUST THE SUPPLY CHAINS

Even in the early days of the current crisis, stores began selling out of necessities like toilet paper, paper towels, masks, cleaning products, and hand sanitizer. Retailers across the United States had to implement purchasing limits on certain items, and government leaders urged citizens to pace their buying habits.

According to José Holguín-Veras, an endowed professor of civil and environmental engineering and the director of the Center for Infrastructure, Transportation, and the Environment, this panicky behavior is unnecessary, and it actually creates additional problems.

“There’s no interruption in supply. The logistic systems are working fine,” he said. “If we rush to the supermarket, and we buy 20 packs of toilet paper, all we are doing is depriving others from items that they could need.” In other words, if everyone remains calm, there is plenty of toilet paper to go around.

“In essence,” Holguín-Veras said, “what we need to do is to do our part to make sure that we do not complicate the matter.”



## PLAY THE BEST VIDEO GAMES (FROM RENSSELAER AND BEYOND)

Many people turn to video games when they are in need of a break.

Ben Chang, the director of the highly ranked Games and Simulation Arts and Sciences program, says that no matter what someone is looking for — something to play online with friends, a story to escape into, a meditative experience, a way to help with scientific discovery, or something completely strange and new — there's a video game that will fit their needs. In fact, Chang is currently developing a video game, in collaboration with the Icahn School of Medicine at Mt. Sinai, called "Cure Quest" that is designed to educate medical students on the complex process required to get a drug or vaccine from the research bench to the bedside of a patient.

These are 10 of Chang's favorite games, including some recent offerings, some classics, and some that are off the beaten path:

**KENTUCKY ROUTE ZERO:** "The long-awaited Act 5 was released earlier this year. What better time to take a drive along the magical-realist backroads of Kentucky, through hollers, caverns, saloons, and lonely gas stations, in search of that legendary highway, the 'Zero'?"

**NIGHT IN THE WOODS:** "One of those games that has such a strong sense of place that you keep returning, just to spend time there."

**FOLD.IT:** "A crowdsourced citizen-science project, Fold.It harnesses players' spatial puzzle solving ability to help tackle real-world research problems at the cutting edge of computational biology. They're currently running puzzle challenges for protein designs to combat the COVID-19 virus."

**JOURNEY:** "Originally a Playstation 3 game, Journey has been re-released on PC and is still a sublime experience. The core gameplay mechanic of huddling close to your anonymous online companion as you struggle across the desert and up the mountain is even more profound, seeking virtual closeness when we must be physically apart."

**MY FRIEND PEDRO:** "Sometimes you just want to let loose and shoot a bunch of cartoon bad guys. Sometimes you want to do that while skateboarding and spinning through the air in a graceful slow-motion ballet, helped along by a talking banana."

**Warning:** Some recommendations may not be suitable for children.



## PLAY THE BEST VIDEO GAMES (FROM RENSSELAER AND BEYOND)

**TABLETOP SIMULATOR:** “This lets you play board games, card games, and tabletop games with your friends online. It’s a sandbox game, so you can re-create your real-world favorites, or make something entirely new.”

**JOB SIMULATOR:** “If you’re on mandatory work from home for an extended period, it may be hard to remember how things work when you return to the office. Use this virtual reality simulator to keep in practice. (Disclaimer: Don’t do anything featured in this game at your actual job.)”

**WATTAM:** “You are the mayor of a lonely island of grass floating in an empty sky. Everything in the world is gone, and you must bring all the objects back by making friends with them. A pure delight from Keita Takahashi, designer of Katamari Damacy.”

**ALL OF NATHALIE LAWHEAD’S GAMES:** “With a uniquely personal, glitchy-dark humor, her short, strange games are what happens when your computer crashes, then wakes up with a hangover to discover it’s still 1997 and the internet is a bad hallucination.”

**JET SET RADIO:** “There may be other games with futuristic urban rollerblading and spray-painting graffiti while keeping one step ahead of the corporate cops while listening to pirate radio, but this Playstation 2 classic is the one I always come back to.”

**Warning:** Some recommendations may not be suitable for children.



## PLAY THE BEST VIDEO GAMES (FROM RENSSELAER AND BEYOND)

Chang also recommends these great games with a connection to the Rensselaer community. These are games made in Troy and the Capital Region, games made by Rensselaer alumni, and games that Rensselaer faculty worked on:

**KATANA ZERO:** “This indie hit by Askiisoft, a developer from the Albany area, is a retro-styled, ninja-stealth game with a unique temporal-strategy mechanic.”

**PLAYERUNKNOWN’S BATTLEGROUNDS:** “Saratoga-based studio MadGlory is now part of the PUBG family, working on this massively popular multiplayer battle royale game.”

**INJUSTICE 2: GODS AMONG US:** “Troy-based studio WB Games New York works on a number of games for Warner Bros. Interactive Entertainment, including this superhero fighting game with online play support.”

**DONUT COUNTY:** “A quirky and endearing game from indie developer and Rensselaer alum Ben Esposito, in which you play as a hole in the ground.”

**DON’T LOOK DOWN:** “The first release from Schenectady-based studio Catapult Games, a virtual reality rock-climbing game that adds new challenges into the mix.”

**DESTINY 2:** “Vicarious Visions is the largest game studio in the Capital Region, with a long resume of games including the Tony Hawk series, Spider-Man series, Crash Bandicoot,

Guitar Hero, and Skylanders. Destiny 2 is a massive, multiplayer sci-fi adventure, perfect for when you’re really itching to get out of the house, fight aliens, and collect an arsenal of arcane gear.”

**HOT DOGS, HORSESHOES & HAND GRENADES:** “Rensselaer alum Anton Hand and his studio RUST LTD developed this top-selling virtual reality game, a backyard shooting range with lawn sports, murderous grilled meats, tongue-in-cheek humor, and regular updates of meticulous simulated weaponry, both real and absurd.”

**OPUS MAGNUM:** “Play this award-winning indie puzzle game by Rensselaer alum Zach Barth and his studio Zachtronics and craft elegant, intricate machines to perform alchemical transmutations.”

**COOKING MAMA: COOKSTAR:** “The eagerly-awaited return of the Cooking Mama series on Nintendo Switch, developed by Troy-based studio 1st Playable Productions, which was founded by Rensselaer alumna Tobi Saulnier.”

**Warning:** Some recommendations may not be suitable for children.

# STEP AWAY FROM THE SCREEN AND PLAY THE BEST BOARD GAMES

For families, couples, friends, and even individuals stuck at home, at least one game night — if not many — is both recommended and almost inevitable. Of course, many people are aware of classics like Monopoly and Risk, but the board game industry has boomed in recent decades, offering up many modern alternatives. Maurice Suckling, a professor of practice in the Games and Simulation Arts and Sciences program, has followed the board game boom closely. In addition to teaching game writing, including how board games can be used for storytelling and historical simulations, he has credits on over 50 published video games and is also a published game designer. His most recent game, Chancellorsville: 1863, is in production with Worthington Publishing and will be released later in 2020.

Here are some of Suckling's personal favorite board games that he recommends **for adults**. With one notable exception, these games were developed within the last two decades. The list showcases the diversity and creativity that has marked the recent boom in the board game industry. It has something to offer for just about any game night scenario, including games for one player, cooperative games, storytelling games, and wargames:

## **PANDEMIC LEGACY: SEASON 1 (2015)**

“Well...here we are. I like this because it not only makes you feel a bit less powerless about the current situation — you get to take on COVID-19 itself — but it's also a cooperative game. And cooperative games are my favorite sort of game. You all win together, or lose together. Playing against the game 'system' itself. A 'legacy' game is also something relatively new. It's a type of game where each game has a causal effect on the subsequent game — you rip up cards, put stickers on the board, open new boxes, and get new skills and new problems as the story/game builds to a head.”

## **FIASCO (2003)**

“This may not technically be a board game, since there's no actual board. But it's on Boardgamegeek.com, and playing at a table isn't such a bad idea. Fiasco is a storytelling game. You need a few players. Four is a good number. It's a mixture of role-playing, improvisation, storytelling, dice rolling, and working together to exploit a game design for its potential to create a story together. It's a sort of interactive Coen Brothers movie, where almost everything ends up a fiasco — but getting there can be enormously enjoyable. Try not to think in terms of winning and losing. Think in terms of embracing the chaos together.”

## **LEGACY OF DRAGONHOLT (2016)**

“Here we have a mixture of role-playing, legacy, and choose your own adventure. This game is replete with props like maps and letters. You can play solo, or up to six players — although it seems to work best when numbers are lower.”

# STEP AWAY FROM THE SCREEN AND PLAY THE BEST BOARD GAMES

## **MYSTERIUM (2015)**

“In this co-op game, one of you is a ghost, unable to talk, but afforded other means of communicating, as the other players attempt to discover how you were killed, by whom, and where. It’s really a game about seeing how well you know your friends.”

## **TWILIGHT STRUGGLE (2005)**

“A taut thriller of a game, where almost every move you make is a matter of choosing between bad and worse options. It’s a two-player game for people who have played a game or two before. Who said playing board games should be relaxing? This is stressful, but so very enjoyable. A demonstration of just how effective card-driven game mechanics can be at delivering surprises — even if many of them are nasty.”

## **SHERLOCK HOLMES: CONSULTING DETECTIVE (1981)**

“You get to try and solve crimes in Sherlock Holmes’ London, either alone or with others. You get the freedom to roam around London and pore through papers, maps, and directories trying to piece together the case.”

## **QUARTERMASTER GENERAL: 1914 (2016)**

“A two-to-five-player wargame making the entire First World War playable in a little over two hours. Fast and full of difficult choices, but with a gentle learning curve for those who might not think of themselves as wargamers.”

## **THE GRIZZLED (2015)**

“A co-op game (with a solo variant) where you play as French soldiers in the First World War, all trying to survive the war together. Its theme of friendship and the ephemeral nature of life are reinforced by the fact that the game’s artist, Tignous, was killed in the 2015 Charlie Hebdo shooting.”

## **BATTLESTAR GALACTICA (2008)**

“A skillful adaptation of the early 2000s TV show. One or two of the players are cylons (robots) and everyone else is trying to find out who they are and to reach the safety of a new planet before the meager resources of the Battlestar Galactica spaceship are expended.”



**Honorable Mention:** Wingspan (2019)

“I haven’t played it yet, but Wingspan has been garnering a lot of attention recently. You want a board game about attracting birds to your wildlife preserve? Well, here you go!”

# STEP AWAY FROM THE SCREEN AND PLAY THE BEST BOARD GAMES

Here are Suckling's recommendations for board games to play with **children ages 7 and up**:

## **TICKET TO RIDE (2004)**

"One of the 'gateway' games that helped popularize the new wave of board games around the turn of the century. It's supposed to feel like you're putting journeys together. Feels more like you're building railways but it's easy to learn, fast to play, and good for three-to-five players. You need to pay attention when it's not your turn, because your plans are likely to be changed by what's happening. There are many different versions of this. Try the original and see how you get on."

## **HEY, THAT'S MY FISH (2003)**

"Fast, simple strategy game, for two-to-four players. Grab all the fish before the other penguins do. There's no actual board. It's made up of tiles and they're removed as you play. If you're a mean-spirited penguin, you're in your element here."

## **CAMEL UP (2014)**

"Winner of the prestigious Spiel des Jahres (Game of the Year) in 2014. It's about racing camels, but you're not really racing them. You're placing bets on them and trying to influence the race. Sounds darker than it really is when I describe it like that. It's no less mean than Ludo/Sorry — and people didn't seem to complain about that too much last century — but it's a much better game: far more choices, more strategic calculations — that feel fun and not at all dry — and many more camels."

Here are Suckling's recommendations for board games to play with **children ages 6 and younger**:

## **HOOT OWL HOOT! (2010)**

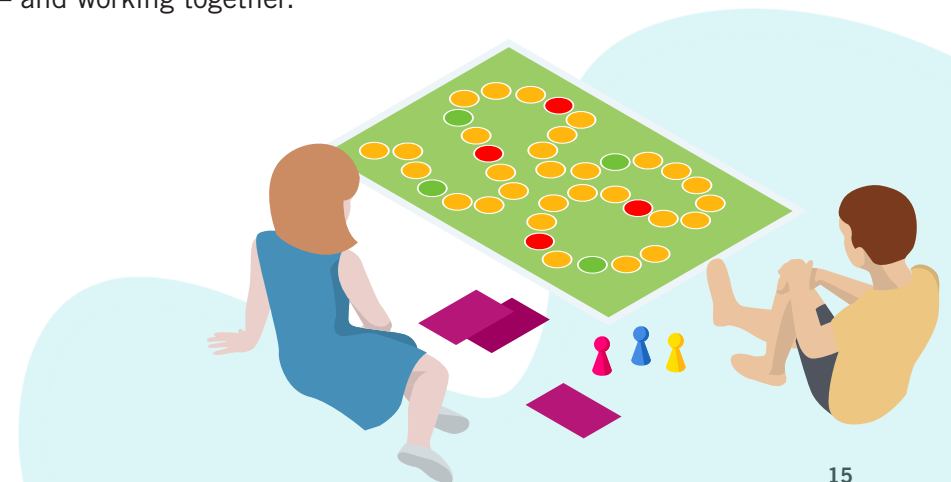
"A co-op game about getting owls back to the nest before the sun comes up. Good for counting, colors, making owl sounds — and working together."

## **LET'S GO FISHIN' (1979)**

"Use a little magnetic fishing rod to hook little magnetic fish — against a timer. Good for colors, and dexterity. OK, maybe it's not modern enough for this list, but it's still good fun for the three- and four-year-olds."

## **COUNT YOUR CHICKENS! (2010)**

"A co-op game about collecting all the chicks into the coop before the fox eats them. Good for counting, recognizing farm animals, learning how to spin a dial without getting your own fingers in the way — and working together."





# EAT WELL WITHOUT GOING OUT

While it's always wise to eat foods that are nutritious and boost the immune system, it is especially so during a pandemic. Eating well is possible even without frequent trips to the grocery store. Kimberly Mayer, the registered dietitian for Rensselaer Dining Services, previously published the following tips in the Rensselaer Every Day Matters blog:

## FOCUS ON IMMUNE-BOOSTING FOODS

"Fruits, vegetables, nuts, seeds, and spices provide antioxidants that help our bodies fight off free radicals and keep us healthy. Frozen fruits and vegetables provide all of the same nutrients as the fresh version and will last much longer. Try making a smoothie with frozen mango, frozen banana, oatmeal, peanut butter, milk, spinach, cinnamon, and spirulina (optional). It will provide immune-boosting vitamin C, calcium, protein, and fiber (and taste delicious)."

## USE PERISHABLES FIRST AND FREEZE THE REST

"Take a look at what you have on hand and build meals around the perishable foods. I like to peel my overripe bananas and freeze them to use in smoothies or to make

healthy homemade ice cream! You can do the same with fresh berries and fruit that is too ripe to eat. Wash and cut off stems and freeze them to use in baked goods, or as a topping for your yogurt or oatmeal. Roast fresh vegetables with a little olive oil and spices and blend them into a soup or eat them with chicken sausage over quinoa for a delicious dinner."

## CHOOSE FRESH FRUITS AND VEGETABLES WITH A LONGER SHELF LIFE

"Spaghetti squash, butternut squash, sweet potatoes, carrots, cauliflower, and broccoli are all loaded with vitamins, minerals, and fiber, and will last longer than other vegetables. Instead of having pasta, try roasting spaghetti squash. One cup has only 40 calories and loads of fiber and vitamin C. It can be topped with your favorite sauce and meatballs or beans."

## TRY PLANT-BASED PROTEINS

"These provide a healthy, nutrient-dense option that has a longer shelf life. If you have never tried plant-based proteins, now may be a good opportunity. Some of my favorites are chickpeas, beans (canned or dried), lentils, nuts, nut butter, seeds (totally underestimated), edamame, and



tofu. You can roast chickpeas with spices to make a delicious snack or a topping for a Buddha bowl, make a lentil and vegetable stew, add seeds to your yogurt or oatmeal, or make greens and beans with white beans and spinach. When you use canned anything make sure that you rinse it well to get rid of some of the extra sodium."

## EXPLORE NEW RECIPES

"I love to look online for new healthy recipes and now is the time to try something new. Some of my suggestions are cauliflower steak with butter beans and pesto, baked eggplant rollatini, roasted cauliflower and chickpea soup, buffalo chicken burgers, sweet potato and black bean bowls, flourless peanut butter oatmeal cookies, carrot fries, chocolate peanut butter banana blender muffins, and energy bites."



## FINAL THOUGHTS

The tips and recommendations contained in this guide represent just a sampling of the extensive and diverse expertise within the Rensselaer community. With nearly 200 years of experience advancing scientific and technological knowledge, Rensselaer remains focused on addressing all global challenges, including COVID-19, with a spirit of ingenuity and collaboration. Rensselaer faculty, students, staff, and alumni will continue to investigate and find new ways to respond to this pandemic and its effects on society.

More information about these efforts, as well as many of the experts featured in this guide, can be found at [news.rpi.edu](https://news.rpi.edu).



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