What If It Works?
We’re in the midst of a massive work-from-home experiment

by Lindsay Tigar, FastCompany.com 3-26-2020

Life has changed enormously -
over the course of a few short weeks. Schools are closed, some cities have curfews, and more Americans than ever before are crawling out of bed and dialing into conference calls from their couch. In less than a week, many companies have scrambled to create remote-work practices and help their employees set up shop in their dining rooms and living rooms and bedrooms. As someone who worked from my home office pre-COVID-19 and who is part of a league of professionals who shout about the benefits of remote work from every rooftop I can find, it’s been interesting following this shift.

While much of the news today is scary, I’ve found a silver thread of hope in this pandemic: What if this is our chance to prove remote work, well, works?

Since I made the move from full-time employment to full-time freelance almost three years ago, I’ve seen a dramatic shift in my productivity, and income. With more hours in the day to devote to building my business, I was able to pitch more outlets, finally incorporate my content agency into an LLC, and eventually hire writers for large blog-development projects for brands. For 15 months of my remote work experience, I quite literally worked from anywhere: trains to the airport in Tokyo, a bus winding through the mountains of Peru, a boat, somewhere in the middle of Mexico’s Riviera Maya region. This was made possible by a sense of adventure and also by Remote Year. This program, founded in 2014 by Greg Caplan and Sam Pessin, provides the opportunity for freelancers (such as myself), and for those with gigs that allow remote work, to take their jobs on the road. For a year, I moved between 12 different international cities across three continents, calling each of them home for 30 days. In the past six years, there have been dozens of communities like mine, ranging in size from 20 to 65, who figured out how to meet deadlines, take calls, and complete their job functions, from wherever they happened to be in the world.

Caplan, the CEO of RY, said the company has watched remote work grow incredibly quickly over the last few years, not only enabled by technology but also fueled by workers’ demand for flexibility in the workplace. The stats back him up, too, according to an analysis conducted by FlexJobs and Global Workplace Analytics. From 2005 until 2017, the United States has experienced a 159% increase in remote work. And while there were 3.9 million American satellite workers in 2015, that number is 4.7 million today, or 3.4% of the overall population. Though the arrival of a novel virus isn’t the best circumstance for a company to be forced into remote work, Caplan does hope there will be an even bigger shift toward this type of professional option, because the “eat is out of the bag.”

How to Fight Anxiety During Tough Times

by Madison Woodard

We all live different lives but at the end of the day, we all experience the same things. Everyday is not the best and life can hit us hard at times. If you are like me, then you are a student, an employee, family member and friend. At times, it can be difficult to balance the demands that these roles have. I have had my fair share of anxieties and I know that I am not the only one. Over the years, I have learned how to defeat anxiety through therapy and personal reflections, and I am more than happy to share them with you.

Download the Calm App

Now, I know you are thinking; your first tip is to download an app? Yes. This app has helped me get my thoughts together and literally keep calm. Sometimes you may find yourself being very busy at times, and it always good to stop for a second and relax. Whenever I feel overwhelmed or at a roadblock, I pull out my phone and open the Calm app. I’m not going to spill the beans and tell you how it goes, you just have to see for yourself. All I can say is that I would use the soundscapes category first.

Reflect on what is giving you anxiety

I was fortunate enough to attend therapy sessions for a few months and I can honestly say, don’t sleep on going to therapy. Everyone needs someone to talk to at some point, and it’s okay to get the help that you need. After talking things through with my therapist, I realized that if I really sit down, and talk about what makes me so nervous, it later does not seem that bad. Anxiety is just built emotion stemmed from fear that causes us to miss out on a lot of opportunities if you let it do its job. I suggest that we start to really step back before we get anxious and see if it’s really worth it.
Hand washing usually is reminded to be done when exiting a bathroom stall, when exiting the bathroom the person who walked in quickly. The scrub may involve no soap just water and hand rubbing which isn't hand washing. After someone's used the bathroom should be the only time for hand washing. Before and after every meal a person should wash their hands as well. It only takes rounds to seconds to do so. Generally, a person heads to the sink for a quick scrub. The quick scrub may involve no soap just water and hand rubbing which isn't hand washing.

A is infection is described as being any mixture of solids or liquids present on the skin and on the mouth into the atmosphere. These may include both particulate matter and microorganisms. These pollutants can lead to development of person to diseases, allergies, or some cases death. Not only does this apply to humans, but it also applies to other living organisms and animals including animals and plant life, some of which we use as food. Once water is broken into two groups: outdoor and indoor air pollution. Outdoor air pollution usually involves no particulates, and indoor air pollution involves all pollutants that are carried by indoor air and dust. These include household byproducts, building materials, mold and pollen, and others brought from the outside environment, such as animal waste. Others are: Pyrenees, a research assistant specified that any kind of hand is fine when washing your hands. Yet, it can be added, “Warmer water can irritate the skin and affect the protective layer on the outside, which can cause it to be less resistant to bacteria.” It’s better to be safe than sorry and irritated.

Hand washing shouldn’t be a huge deal and it’s certainly isn’t considered fun. It’s something most of us do routinely or skip out. For some fun, sing “Happy Birthday” during step four. It’s been recommended by two organizations in the article. Proceed to steps six, and seven, and you’ve properly washed your hands.

Wastes Energy, Study Says” on Thursday, April 20, 2023, 8:00 AM

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To have a child start off young with beneficial routine habits, chances are they’ll carry it on adult life. As adults they may not wash their hands to the standards of Happy Birthday not only when blowing out the candles, but while handling little ones or just simply their birthdays, so why not?

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by Meghan LaValley

Simple Ways to Improve Sleep

by Donna Adworth

History will remember when the schools closed
And children stayed indoors
And the medical staff walked towards the fire
And they didn’t run.

History will remember when people sang
On their balconies, in isolation
But so very much together
In courage and song.

by Shemba Jalilah

Diversity at STCC

B ringing a minority and a student who attended other diverse schools in Boston, Massachusetts, into an open community is one of the most cherished experiences of her life. “In order to provide students who otherwise would not have had the opportunity to attend college with the skills, tools, and experiences they need to succeed in college and beyond, STCC is committed to creating a diverse and inclusive community,” she says.

Before addressing what makes STCC diverse, let’s take a look at its rich history. STCC, a community college, was founded in 1969 in Springfield, Massachusetts, and was founded in 1969 by Dr. Garvey as the Springfield Technical Institute. It was a trade school, mainly specialized in high school students learning plumbing, becoming electricians, auto mechanics and so on. STCC is an open opportunity school for all. More want to prove to back this up? Take a look at a student’s experience below:

Sergio Cruz said “the school is very diverse and it is also important that it remains that way. It’s easier than ever to connect people who have common goals to succeed. The diversity keeps the school functional and embraces other cultures without being biased.” Another student, Cumba Sanga also feels the school is a melting pot. “So many different people come here to learn and interact with others and it is a good thing,” she says.

It’s no secret that STCC is the place to be. STCC is one of the most diverse colleges I have ever come across. If you are a person who wants to experience a high scale minority and interaction, and interest in learning about other cultures, this is the place to be. Best of all, the experience will leave you breathless, particularly because every professional that works in the school takes pride in going the extra miles to make sure you get all the help you can. Faculty and students work hand in hand to accomplish many common goals which all involve reaching your potential and succeeding in anything you believe in.

History Will Remember

by Donna Adworth

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And birds stopped on the ground.
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The Electric Car Known as Tesla

by Nick Bova

Tesla seems to be the future of driving. With more Teslas hitting the roads every year, and the price of Tesla coming down to an affordable price for all Americans to buy, Tesla seems to be our future car. Tesla sweeping the nation with its all-electric capabilities is also very environmentally friendly with no carbon exhaust exiting the car into our atmosphere. The best part is you charge the car up and never have to fill it up!

Tesla has a bunch of neat functions that you can use. First, being the Tesla Model S, it has the fastest acceleration on earth, with an impressive 0.60 in 2.4 seconds. Off the rip of a starting line, it would pull away from a Lambo-rghi no problem. So if you are worried about speed, Tesla surely does not disappoint. With the car having an electric motor, you do not feel any gear shifting when the car is in motion. Tesla is a very smooth clean ride, where even the engine doesn’t make any noise!

The Model S Tesla is Tesla’s luxury performance model (most expensive) car on their market. It’s priced at $99,095.00; you it order online, and it gets delivered to your house. The all-electric car is all-wheel drive as well, giving you the best possible traction. The distance on one full charge is about 350 miles before you need another charge. The car also changes when you press the brake as well keeping your battery going.

Tesla also offers an autopilot option as well. For a sizable amount of $7,000, you can have full autopilot capabilities. Coming out very soon, your autopilot Tesla will be able to navigate its way through busy intersections, stop for pedestrians, and recognize traffic lights, road signs, and other obstacles on the road. You can eat a lobster dinner in your Tesla while driving on the highway and have no worries at all!

With all of this innovation in the future with Tesla, it’s in no doubt going to be the future of cars. The self-driving part I think will really captivate many Americans, seeing how many of us like to do the least amount of work as we can. The car being environmentally friendly means it will be a positive force mitigating climate change. With the car’s smooth, quiet battery-powered engine, people will enjoy more peace while driving on the streets. The future is Tesla! Source: https://www.tesla.com/

A Short Parable

The tree seems mighty, standing stout and tall with a tang colored mantle of fall, it talks tall, always tall, even in regards to the trivial and small; it must never bend for the message it would send; so ever stiff and wary it stands but sags within, limp from accumulated sands of dry rot.

The tree did not come up alone; Rather, in the company of a large grove of strivers and wannabees who surround it in syzyphian bunches. It is the tiny and the invisible the tree never sees, that have exposed the rot, and brought the tree and those of the surrounding forest, healthy or not, to the point of topple.

Cats Know Best

The cats are on day 3721 of their stay at home quarantine. They have some lessons for us amateurs.

Lessons like:
• Nap early, nap often.
• Eat on a regular schedule.
• Keep yourself clean.
• And most importantly, it’s OK to run up and down the stairs screaming when it all gets to be too much.
• Just take a nap afterwards.
Allowing employees to pick their location fundamentally impacted their bottom line, culture, and ability to scale.

Below, several of these leaders share the value they’ve found in a scattered, diverse workforce. Use their perspectives to inspire your performance and routine while working remotely, and to create a strong case to maintain flexibility in the future.

Communication can become stronger

While naysayers would argue the opposite, the CEO of Modsy, Shanna Tellerman says being separated forces her managers to stay even more connected to their team. From the very early days of the company, Tellerman says she invested in key remote employees, who were the smartest people she could find and who could solve the toughest problems. Their location didn’t affect that.

As the company grew and she hired some in-office roles in San Francisco, Tellerman has maintained her faith in remote work. “Our individuals and managers make a more conscious effort to clarify roles, expectations, and to discuss progress with remote employees,” she says. “Our remote employees rank 5% higher than office employees when asked if they have had discussions with their managers about progress in the past six months.”

Professionals may be more disciplined and effective

Before COVID-19, my friends would often give me a hard time for “having a long day at work.” After all, since technically I can go the whole day without putting on pants, it can’t be all that bad, right? Eh, not so much: Many remote workers, myself included, thrive on routine and discipline. And while employers may worry about the ability of professionals to complete their assignments without a babysitter, oftentimes they will meet them faster than if they were in-office.

In fact, Madeline Kelley, a global enterprise sales manager for Elevate Network, says she’s far more productive and effective as a remote worker. For the past four years, she’s benefited from her company’s unlimited PTO (paid time off) and unlimited WHF (work from home) policy. She first left her home in Brooklyn a year ago, when she signed up for the Tulsa Remote program. Applicants who are selected are given a grant of $10,000 to move to Tulsa, Oklahoma, for 12 months.

The experience has supercharged Kelley’s professional development—and made her even more dedicated, she says. “Because no one is around to hold you accountable, you have to be accountable for yourself,” she explained. “I spend most of my days in my apartment—with my two dogs—on sales calls, replying to emails, and having internal video meetings. And I always manage to get everything done.”

Companies have access to a larger pool of talent—including parents

The right person for the gig may not be located in New York, Boston, Los Angeles, or any other major metropolitan area. This was Abby Coleman’s mindset when she joined the fully remote company, Territory Foods, in 2019. Currently, the company operates in 13 markets. While they have team members in each of those regions, they decided against creating a central headquarters.

Rather, they have talent from all over the country, including a leadership team located in five different states, with past experience working at companies such as Amazon, Kraft, General Mills, PepsiCo, and Target. Collectively, these leaders have nine children, with five under the age of five. “Remote work allows us to retain great talent because they feel they are able to more effectively juggle the daily demands of parenting, while not wasting any precious minutes commuting,” says Coleman.

Businesses can afford to pay more

The ability to grow a company without a lease is becoming more and more attractive. When Chris Neumann started his company, Cro Metrics, in 2011, he knew he wanted a remote workforce. In addition to being able to offer a flexible work-and-life balance and attract top-tier professionals, he also understood how not paying office rent would translate into happier employees. “Most companies spend 10 to 15% of revenue on rent. We use that savings to pay our employees above-market wages,” he says. “We are providing really great jobs that team members would otherwise not have access to, and in return we are able to attract the best talent from around the country.”

Brands can work across all time zones

DJ Haddad, the CEO and founder of Haddad & Partners, didn’t exactly choose a remote workforce. Rather, his company fell into it and inadvertently discovered the benefits. For the past 13 years, he’s been running his agency remote with leaders across the globe. This takes an average workday of eight to nine hours and turns it into 24. Because his team covers seven time zones, they can kick off a project at noon in New York and hand it over to a lead designer in Australia, who could then give it to someone else in the United Kingdom. By the time Haddad turned on his computer, the task would be 90% complete. “This is a project that would take our former agency at least three days to complete, and we would turn it around in one night,” he shares. “Of course, this means a lot of early-morning or late-night phone calls for our employees on East Coast time, but it’s part of our lifestyle by now, and in the end, it allows us a lot of flexibility during the day.”

“We can’t predict what the aftermath of COVID-19 will look like, or how long this period of flux will last. What we can do is make the most out of it and think about how our professional lives will look like once the dust has settled. It’s my hope that I’ll have more friends to text to meet up for a midday coffee, since now they have more autonomy with their work.

And perhaps, more importantly, that we’ll be even more grateful for the gigs we have, and that we once again will be able to value our freedom. Remote workers may only account for 4% of the population, but for those of us who can do our jobs from wherever, there’s never been a better time to take that independence and make it permanent.”

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Tech Times wants YOU to get more involved in our college newspaper!

We are looking for submissions of poems, photography, recipes, short stories, etc., to be considered for publication.

Submit early and often to djjohnson@stcc.edu for possible inclusion in the next issue!

Tech Times WANTS YOU!