



April 1, 2020

All Current and Future Students,

Congratulations to all of our students completing their first week and a half, of online classes. Thank you all for being so positive and adaptable. We truly have the best students.

As you know will be posting updates, on a regular basis, to provide you with helpful information about your education. Our number one goal, is everyone's safety. We are following the guidelines set by the CDC, Governor Stitt, and Oklahoma State Department of Health during this challenging time.

Today at 4pm, Governor Stitt made an announcement to extend the closure of all non-essential business until April 30, 2020. Due to this **our current return date on campus will be Monday, May 4, 2020**. Because information is changing on a daily basis, the school has plans in place to continue online classes for current and future students if the May 4th return date, is extended again. Either way **Central Oklahoma College is ready to make sure your education will continue**.

Most of you are aware, that President Trump has passed several stimulus plans to help the American people, the healthcare industry, students, and businesses in many different ways. **As part of the CARES Act all graduates, and those with student loans will have their payments deferred until September 30, 2020.**

Follow this link for information on all COVID-19 programs offered by the Federal Government

<https://www.usa.gov/coronavirus>

Another important link is the Oklahoma State Department of Health which give daily updates on the status of the Coronavirus in the state <https://www.ok.gov/health/>

Managing Stress and Coping.

Remember we all in this together but yet we all deal with it differently. Staying active, eating healthy and making time for other things like meditation and talking with friends are all very important.

There is some very helpful information from the CDC regarding managing stress and coping that you may find helpful on the link below.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Keep up the great work and positive attitudes. Be patient, and kind to each other. Remember we are here for you. That means if you just need someone to talk to its ok, call us.

School Phone	405-609-6622
Current Students	email us at studentservices@centraloc.edu or text us at: 405-465-9872 or 405-465-7804
Financial Aid	email us at finanicalservices@centraloc.edu
Future Students	email kgrammar@centraloc.edu or text 405-388-2205

Best,

Central Oklahoma College