

BUILD EXITO

COVID-19 Digest

Spring 2020 | May 8, 2020 | Week 6

Way to go Scholars!

Cheers to completing another week. Based off the Student Health Survey, we know that many of you are facing end-of-term stressors. While we can't meet in person, we've compiled an array of online resources for the ultimate BUILD EXITO Virtual Care Package! In it you'll find resources to help you stay motivated and some awesome virtual experiences to try out when you need a break from classes and work.

To the Scholars who have filled out the survey, thank you! Our amazing Evaluation Team has been reviewing your responses and wants to remind you that Scholar text responses to the Student Health Survey are confidential and names for responses cannot be shared with program staff unless BOTH:

- 1) the information shared indicates they may harm themselves or others AND
- 2) the scholar gives their expressed written consent to share with program staff if contacted by evaluation staff.

Lastly, regarding the survey incentive, we wanted to address a concern some of you have about supporting small businesses rather than larger companies, like Amazon, at this time. Although the Amazon gift card is our only available incentive, you can use "third party sellers" on Amazon, and not choose to purchase items that are "fulfilled by Amazon" to increase the resources that are going to smaller businesses or those that you want to support.

Have a great weekend!
The EXITO Team

Week 5 Student Survey Results

As of May 6th, 65 students had responded to the Week 5 Student Health Survey.

Based on their text responses:

- **62%** (n=40) are still having difficulties with **online learning**
- **45%** (n=29) mentioned **end-of-term hurdles** (i.e., exams, projects, presentations) in the very first sentence of their responses to the question "How are you feeling this week?"
- **25%** (n=16) mentioned struggling with **motivation**

While we are collectively experiencing challenges during COVID, we wanted to share some positives from you all as well! Check out some good news from your peers from this week:

- **"Doing good on my organic chemistry** midterm relieved some of my stress."
- **"I have taken some time to gain more background knowledge** in my [research] area of interest which has been fun."
- **"I put into my google calendar all of the deadlines for assignments and tests this term so I can better keep track** of what I need to do this week and when."
- **"I have found a new job** and will begin working soon!"

Virtual Care Package

Practice self-care:

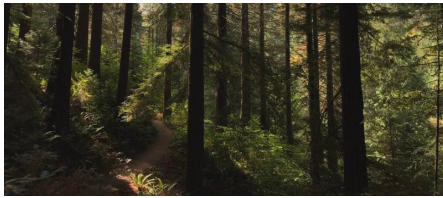
- Try out [Breathe](#) by Northwestern University. This website shares guided meditations and breathing exercises.

Create a calming study space:

- [Coffee shop noise generator](#) (also has other settings, like “University Undertones”)

Get Motivated!

- Read through this [guide on motivation](#)
- Watch Michelle Obama's *Becoming* Netflix Special. [View the trailer here!](#)



Enjoy the Outdoors, Indoors!

Visit one of the following nature scenes:

- [A running stream in a forest](#)
- [A beach on a tropical island](#)
- [The Pacific Northwest Coast](#)
- [Waterfalls of Oregon](#)

Take a ["walk" through a national park!](#)

- Arches, Yellowstone, Grand Canyon, & more!

Check out a detailed 360° virtual tour of [Buffalo and Erie County Botanical Gardens](#)

Art & Culture

Explore the [National Museum of African American History and Culture](#) through their numerous digital resources.

View the [Americans exhibit](#) by the National Museum of the American Indian.

[Take a virtual of a museum](#)

- The Met, MoMa, Museo Dolores Olmedo, & more!



Music and Entertainment

Watch some [NPR Tiny Desk Concerts](#)

- Performances by Lizzo, Chika, Harry Styles and many more!

Attend [Club Quarantine!](#)

- This might be Zoom's coolest Queer Online Party

EXITO Program Information

BUILD EXITO has a new Financial Aid Assistant!

As part of BUILD EXITO, you have access to a financial aid assistant. If you have any questions, send them to Henry George. He is the financial aid contact for the several programs at PSU, including BUILD EXITO.



He's happy to meet with students individually or answer any questions about financial aid. Send him an email with your question or request for a virtual meeting at hgeorge@pdx.edu.



Connect with BUILD EXITO Scholars, Alumni, and Faculty/Staff via Discord

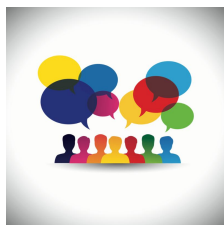
Cohort 4 Scholar, Melissa McEntire, has created a Discord server for the BUILD EXITO community! Join to keep in touch during this isolating time. It is free to use, but you do have to create a free account. If you have any questions, email Melissa at mmce2@pdx.edu.



New PSU Student Body President

Congrats to our BUILD EXITO Scholar Alumni, Motu Sipelli, who has been elected the PSU Student Body President for 2020-2021!

Portland State Resources



Need some additional support navigating the COVID-19 pandemic?

The PSU School of Education Counseling Clinic has offered to provide additional support to EXITO students during this challenging time through basic counseling services and group therapy. This is free of charge. You can email clinic@pdx.edu or call 503.725.4620. Indicate that you are a part of the EXITO program for an expedited intake process. If you are struggling with motivation, stress, sadness, or just want to talk with someone about your current situation, take advantage of this opportunity!



PSU COVID-19 Emergency Assistance

PSU students who qualify may receive up to \$3000 in emergency funding. To learn more about this resource follow the link above and apply if you're eligible.



Committee for Improving Student Food Security

This PSU committee has compiled resources for food security. Topics include: *Portland Metro Food Resources, PSU Food Pantry, and Employment Opportunity with SNAP*



PSU Legal Services COVID-19 Resources

PSUSL has compiled a list of resources related to law and legal problems in relation to COVID-19. Topics they cover include: *Renter's Rights, Immigration, Debt during Economic Crisis, Family Law, & Employment Law.*



COVID-19 Emergency Relief Resources for PDX

New resources have been added to this live google sheet! Review this list that covers food access, rent, resources for college students, etc.

Food for Thought



[The Daily: Bursting the College Bubble](#)

Universities across the U.S. have long prided themselves on bridging the differences between their students. In this episode, how the coronavirus has instead reinforced inequalities that campus life can hide.



[Gov. Brown, OHSU partner on research study to inform approach for reopening Oregon](#)

The Key to Oregon research study, announced by Gov. Kate Brown, will enroll 100,000 randomly selected Oregonians to voluntarily provide essential data that can be used to inform decision making at the county, regional and state level. The study's goal is to help get people back to school and work faster, while effectively managing the potential for future COVID-19 outbreaks.

Non-COVID News



[Some Good News: Graduation with Oprah, Malala, Steven Spielberg, & Jon Stewart](#)

John Krasinski highlights some good news around the world (including weather from Ryan Reynolds) and sends the class of 2020 off with advice from Oprah Winfrey, Steven Spielberg, Malala Yousafzai, and Jon Stewart.



Stay Home.
Wash Your Hands.
Be Kind to Yourself.
Thank Essential Workers.