Hello EXITO Scholars,

Feeling stressed and overwhelmed is nothing new here. Despite a growing sense that carrying burdensome stress and tension is not only normal but also inevitable, and in some cases a badge of honor, it's important to deconstruct stress and spot the differences between stress and anxiety. This resource from LearnPsychology.org provides a lot of very helpful sections to help better understand what stress is and what are the impacts of stress on the body. Some of the sections include:

- Quiz: Are You Stressed?
- Stress & Anxiety in College
- Health Related Stress
- Resources and Tools for Stress Management
- and explanations describing the differences between acute, episodic acute, and chronic acute stress.

Ultimately, we want to remind you that taking care of yourself and finding ways to manage your stress in a restorative way is essential to your success.
Shout out to our brave Scholars!

Congrats Scholars! We were excited to see that the RLC Meet & Greet Fair was a success and witness so many of our Scholars taking bold steps in their networking skills and professional introductions. Well done! We got a lot of positive feedback from research mentors and faculty about the level of professionalism and confidence you all came with- congrats on making solid first-impressions and we look forward to see where everyone matches!

EXITO Program Stuff

A message from your Academic Advisor...

Carlos Q,
is here to remind you,
That meeting with your advisor,
is an important thing to do!

In all seriousness, with summer coming up soon and fall term to quickly follow, it is important to make an appointment with your discipline advisor or with Carlos, our EXITO Academic Advisor. Carlos suggests that you should reflect on how this past year went and use that insight & experience to start thinking about summer and fall planning. What worked? Where could there be improvement? High points/low points? Set yourself up for this summer & fall: make an appointment and bring these reflections to your scheduled advisor meeting!

EXITO Program Stuff

It is time to celebrate all our Scholars, especially those completing the EXITO Program this year (Cohort 1B Scholars)!

Date: Friday, May 18th
Time: 6-8:30p.m.
Where: PSU campus

We will have a time to gather and enjoy a pinning ceremony and then we will head to the Smith Gameroom for bowling, games, pizza, and fun!

**RSVPs** for Cohort 1B Scholars are due Tuesday 04/24/18.

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**Events & Resources**

**Multicultural Graduation**

**JUNE 15TH, 2018**

Register for Multicultural Graduation, space is limited!

Multicultural Graduation registration opens Friday, April 6th at 8:00am. Registration is limited. Interested in applying to be a student speaker? [Learn more here.](#)

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**Featured Jobs & Internships**

PSU Scholars, check out the featured jobs and internships from PSU’s career page (called Handshake). See more at [pdx.edu/careers/handshake](http://pdx.edu/careers/handshake).

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**Apply to become McNair Scholar!**

Many of our EXITO Scholars are also McNair Scholars and have greatly benefitted from dual participation in both programs. [Applications for the PSU McNair Scholars Program](http://pdx.edu/careers/handshake) are accepted in the Spring and Fall for the cohort starting in the Winter term the next year. Be sure to review the [Eligibility Requirements](http://pdx.edu/careers/handshake) and [FAQ page](http://pdx.edu/careers/handshake). Complete the Portland State University Ronald E. McNair Scholars Program Electronic Application Form. **Applications for 2018-2019 Program are Due Friday, May 25th.**

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**Visit our newly updated Scholar Resources Page!**