Dear Scholars,

Just like that, we're coming to the end of another week. In the last digest we talked about returning to the basics and being gentle with ourselves as we navigate a very difficult time. This week, we want to call out the fact that we are all living a range of realities right now and although we may find ourselves at different ends of various spectrums, there are still many commonalities in our community.

We feel scared, grateful, unmotivated, hopeful, depressed, and more....sometimes all at once.

While some of you have found some new routines and hobbies, others have shared that you are struggling to find a routine or organize your days. And then there are those who are somewhere in between these extremes, finding a new exercise routine but unable to sit down and focus on classes.

One thing we've found helpful during this anxiety producing time is grounding ourselves in the reality of where we are, acknowledging it and then seeking the specific tools and resources we need to move forward with the right actions to tackle our personal goals.

As a final message, we know that many of you are feel like you're contributing less to your RLC. Without being able to go into your labs and engage with your research as normal, it makes perfect sense to feel this way! Know that we are committed to your research training experience and many of us on the EXITO team are working hard to figure out new ways to keep you virtually engaged in your RLCs and making progress on your pathways.

Best,
The EXITO Team

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14 students mentioned upcoming midterm and final exams and the stresses associated with studying for and taking those remotely.

27% of you (n = 11) mentioned struggling with distraction and difficulty
• Resource: We love using **White Noise Generator**. The “Speech Blocker” preset on the right-hand side is especially helpful for working in noisy environments where others might be talking.

**29%** of you (n = 12) mentioned the **importance of time-management** and/or creating schedules.

• Resource: One EXITO scholar has found the **Pomodoro Technique** to be helpful. Here’s how it works:
  1. Choose the task you want to accomplish
  2. Set a timer for 25 minutes (or any length of time!)
  3. Work on the task until the timer rings. Then put a checkmark on a sheet of paper
  4. Take a short 5-minute break
  5. After you have four checkmarks, take a 15–30 minute break

A few of you (n = 3) mentioned that **meditating and being mindful** has helped. If you’re interested but don’t know where to start, here’s a super short 3-minute meditation in [English](#) and [Spanish](#).

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**Feelings about Contributions to RLC, EXITO Juniors, by Placement Site Compared to Pre-COVID - Spring Quarter**

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<th>OHSU</th>
<th>PSU</th>
<th>Other</th>
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<td>Feelings about RLC Wk 3-6</td>
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<td>Feelings about RLC Wk 2-5</td>
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Self-reported, Scholar Health Survey

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**How are you feeling this week?**

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I am feeling overwhelmed with schoolwork.

I am beginning to become a little bit more anxious as the semester wraps and finals roll around. However, I have made a schedule of topics I need to study each day which has helped alleviate stress.

The isolation and change in learning experience seem to be hitting me harder this week.
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What has been most helpful this week?

I’m taking more time to care for myself and am being more reasonable about my goals for each day.

Using my planner and specifically planning out my days [...]. I create a to do list every day, which gives each day a sense of purpose and helps me work towards long term goals.

Supportive family members and professors who have been helpful during the online learning.

Getting some sun and taking breaks to not feel stuck indoors.

Being patient and kind to myself.

General Resources

EXITO Chromebooks/Laptops

EXITO has worked with our grant and program teams to acquire some Chromebooks/laptops that we can checkout to EXITO Scholars who need them. These can be shipped to your house. At this point, EXITO is only planning on Chromebooks but if you need advanced software that can’t run on a Chromebook EXITO will look into other options.

If you are interested in checking out an EXITO Chromebook please email exitoooperations@pdx.edu with the following information and EXITO will consider your request and get back to you:

- Address to ship the laptop to include any delivery instructions
- Any needs for advanced software that can’t run on a Chromebook

Portland State Resources
The PSU Food Pantry will now start offering delivery!

The PSU Food Pantry is prioritizing this service for students who are at higher risk for severe COVID-19 illness, have additional caretaking responsibilities, and/or students who are physically unable to travel to the food pantry.

Students who are able to travel to the food pantry can go to this website to set up an in-person shopping appointment: https://calendly.com/psufoodpantry

SHAC Self-Care Webinar Tomorrow!
Friday, April 24 from 12:30 p.m. - 1:30 p.m.

Join a webinar with SHAC Counselor, Jessie Weisstein, LCSW, as we discuss the importance of self-care and offer some concrete strategies on finding time for yourself throughout the day. Register for this event HERE.

Research & Society Capstone for students in Independent Research

Are you a Science Major thinking of applying to graduate school? Complete your senior capstone and develop your post-graduate plans in one course this summer! This capstone will enable students to translate their experiences and knowledge with science to the public.

Enrollment is limited to Natural Science Majors. Interested students should contact Mitch Cruzan (Cruzan@pdx.edu).

Non-COVID News

Episode 4 of Some Good News

John Krasinski highlights some good news around the world (including weather from Brad Pitt), has NASA astronauts from the International Space Station stop by, and invites you to relive #SGNProm with special guests Billie Eilish, Jonas Brothers, Chance the Rapper, and Rainn Wilson.

Our Planet is now streaming on Youtube!

Celebrate the 50th anniversary of Earth Day and take sometime to immerse yourself in this visionary documentary series. From jungles and forests to coastal seas and frozen worlds, David Attenborough narrates the lives of creatures and plants we share this planet with.

Penguinology

Do penguins have flippers or wings? Why do they waddle? Are they squishy or dense? And why why why are they so cute? April 25th is World Penguin Day and there’s never been a better time to sit down with renown Penguinologist Dr. Tom Hart, a research fellow with Oxford University.
Stay Home.
Wash Your Hands.
Thank Essential Workers.