Hello EXITO Scholars,

During this season when many celebrate holidays by spending time with family and friends, we want to take a moment to let you know how grateful we are for your commitment to BUILD EXITO and how excited we are about your future endeavors. We believe in who you are now and who you will become! And we are cheering you on along the way.

Happy Holidays to all and we hope you enjoy a well deserved academic break. See you in the New Year!

BUILD EXITO Staff and Faculty

What is the ROI of my college degree?

Financial wellness is an important part of how we navigate our Scholar pathway. This short video clip- a segment of the EXITO’s Financial Wellness Series- is presented by PSU Financial Advisors Matthew Sagayaga and Shawna Chambers. This video introduces a resource to help students estimate their cost of living, relative to a degree program. See this online estimator as just one resource that can serve as a starting point to help better understand and maintain your own financial wellness.

Spending diaries are another tool that can help with financial wellness. Download this excel template or check out these free apps that help you track your spending. Matthew and Shawna suggest that even one week of tracking your spending can be extremely informative on your spending habits.
Help us recruit the next cohort of Scholars!

Please spread the word and let us know if you have any ideas to recruit prospective Scholars! Also, if you don’t already follow us on Facebook, please do so you can engage in our recruitment efforts via Social Media!

STEM TALKS

Clackamas STEM Talks featuring EXITO Scholars on January 19th!

Hear from 3 current PSU students working on different STEM topics, presenting highlights from their current research and details on the experience of being an undergraduate researcher. Jan 19, 2017 (4p-5p), McLoughlin Auditorium, Clackamas Community College. Clackamas STEM Talks flyer with more details can be found here.

At Portland State University

- PSU opened two new cultural Resource Centers. Check out the website and events calendar.

- All local Scholars are invited to attend the weekly Scholar Enrichment events at PSU! These take place on Friday afternoons at PSU’s University Technology Services (UTS) Building in Room 307. Sessions for first year Scholars are from 1-2:50. For second year Scholars, sessions are from 2-3:50.

- PSU Scholars: MLK Jr. Day of Service, Jan 16, 2017 (8:15am-3:30pm). This 8th annual day of service, in partnership with Campus Compact of Oregon, brings college students together to learn about the beliefs, life, and work of Dr. Martin Luther King, Jr. As one of the largest mobilizations of students on this holiday, this event is organized by a multi-institutional collaborative of educational nonprofits, colleges, and universities. Click here to register. Transportation, lunch, and t-shirts provided.

Funding Opportunities and Paid Internships

Hispanic Chamber 2017 Scholarship application. Click here for app portal link.
NIH Neurotrauma Summer Research Experience. Click here for the application. Application deadline is 5pm on Feb 6, 2017. FAQs about the program can be found here.

Interested in a paid research internship in Health Service Research at the University of Pennsylvania? Deadline: Feb 1, 2017. Learn more here!

Are you an LGBTQ+ student or ally? Check out this scholarship opportunity! Deadline: 5:00pm (PST), January 13, 2017

Interested in a paid research internship in Health Service Research at the University of Pennsylvania? Deadline: Feb 1, 2017. Learn more here!

Check out this Summer Clinical Research Internship at OHSU. Deadline is Jan 6th, learn more here!

Headed to Med School? First and second year medical students, can apply for the Harvard Visiting Program for Medical Students Find out more here.

Portland Metro Events and Resources


The Emerging Leaders Internship Program matches college students

Check out their website for a list of companies that participated this year.

Pacific Northwest National Laboratory provides a variety of opportunities to engage undergraduates in positions that serve the developing educational focus of the student, and the ongoing research objectives of all capabilities at the lab.

Applications are DUE January 2017