Dear Scholars, Staff, & Faculty,

This week we have seen our nation come together to demand justice. We have seen protests in all 50 states and U.S. territories, and we have seen members of the BUILD EXITO Community stand in solidarity with those calling out violence perpetrated against Black communities.

We support you and this movement for racial justice and equity. Our Statement of Solidarity indicates where we stand as a program.

As we enter the weekend, consider how you might take some time to rest and center yourself - this is a marathon, not a sprint, and we are in this together.

Sincerely,
The BUILD EXITO Team

Week 9 Student Survey Results

As of 6/3/20, 70 students have responded to the Week 9 Student Health Survey. Of those:

- **31%** (n = 22) described being stressed as the end of their term approaches
- **29%** (n = 20) mentioned difficulties with online learning
- **29%** (n = 20) said they’ve been engaging in physical activity, or increasing their physical activity
- **20%** (n = 14) reported being emotionally affected by recent events of police brutality (ranging from being stressed to being very upset).

Resources for Healing and Coping by SHAC at Portland State University

- Racial Trauma and Lowering Cortisol Levels

EXITO Program Information

EXITO Staff Furlough
As many of you are aware, **PSU has put many of its part and full-time employees** on the workshare program, which is a form of furlough that reduces their hours by 20%. This applies to several EXITO staff members. To best align with University practices during this time, EXITO will have limited operations on Fridays and most staff will be offline. Events scheduled for Fridays, however, such as the Summer Research Academy and RLC Matching Fair, will continue as planned.

We are still here to support you during this time so don’t hesitate to reach out if you need anything at all! However, please keep in mind that we may be a bit delayed in our responses and not available on Fridays.

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**Portland State Resources**

**Students of Color Collective**

A peer-led, collaborative space where Black, indigenous, mixed race, and POC students can build community and network.

**Students of Color Support Group**

In this drop-in support group put together by SHAC and the CRCs, participants will explore individual experiences, learn self-care strategies, and find solidarity, connection, and community within a safe and supportive environment.

**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.

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If you have any additional resources you’d like featured in the next digest related to Black Lives Matter and/or COVID-19 please send them to Arjun Viray (iarjun@pdx.edu).

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