For many of you, the often-dreaded Finals Week is approaching.

As work ramps up to finish out projects, papers, and studying for exams, we want to help you prioritize self-care. We're more likely to lose sight of doing the things that allow us to take good care of our bodies, hearts, and minds when stress and anxiety levels are high.

However, **this is when we need it most**.

What do we mean by self-care? Self-care goes beyond *treat yo’self & face masks*, and self-care may look different for everybody. It might look like establishing solid boundaries around social media or certain friends who don’t encourage or empower you. It may look like squeezing in some movement or exercise during finals week because it helps you de-stress and re-center. If you don’t yet know what self-care works for you, we want to encourage you to explore it and develop self-care strategies that will help you thrive.

**Check out these 14 Self-Care Tips to help you** stay balanced, centered, and at peace while you navigate the complexity and pressures of academia.

**Here is an even longer list to peruse** if you want more ideas and strategies for self care.

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**Scholars,**

RLC Matching is upon us! This information pertains to PSU Scholars and those transferring to PSU this fall. Make sure to review the information below if you haven’t already.

**NOTE:** The RLC descriptions on the website **are NOT** up to date with all the 19-20 RLCs that will be available. Next week, all new OHSU and PSU RLCs will be added and the status of current RLCS will be updated. Feel free to peruse the website but check back next week for a complete list of your options!**

**First year Scholars**
In case you missed it, details for your RLC matching process can be found in this email.

**Second year Scholars who want to be rematched**
Placed Scholars who want to be rematched in a new RLC can get details about the process
Second and third year Scholars are invited to volunteer
See duties and times in this Google form. [Note: volunteering can be used to make up hours for missed Enrichment sessions.]

Final call for proposals!

The deadline to submit a proposal for the Student Research Symposium is this Saturday, March 17. Students from all disciplines and academic levels are invited to participate.

Don’t miss out on your chance to present at this year’s Research Week.

Submit your proposal here
[Note: your EXITO travel funding can be used to pay for poster printing. Please contact exito@pdx.edu for more information]

EXITO offers free tutoring for Scholars!

Please note the following important details about tutoring:
- Tutoring matches are made on a first come, first served basis. Matches are made based on the course(s) you request tutoring in and the subjects our tutors are able to tutor.
- Current subjects EXITO tutors can provide support in are: Biology, General Chemistry, Organic Chemistry, Math, Statistics, Physics, Physics with calculus, Psychology, Public Health & Honors
- Due to limited funding and expertise of available tutors, we may be unable to fulfill your request.

Request a Tutor for Spring Term with this Form Questions? Email us at exito@pdx.edu.

Survey Season is upon us! Survey responses are essential for EXITO to measure student success and may benefit future generations of college students.

Invitations have been sent for:
- Student Annual Follow-Up Survey – for all Scholars, sent by BUILD evaluators at UCLA on behalf of the BUILD consortium. UCLA is sending out reminders and has noted that any previous errors accessing this survey are fixed.
- LEGOS – longitudinal survey for Scholars who have completed EXITO or are in their last year of the program (sent from EXITO)

Invitations forthcoming:
- CREDIT/URSSA surveys – for all Scholars in Research Learning Communities to help measure RLC progress and success. Online invitations will be sent this Friday (from EXITO).

If you have any questions about any of these surveys please don’t hesitate to contact your friendly neighborhood evaluator, Matt Honore at honore@ohsu.edu.
**Induction Housing Requests** are due by **Monday March 15th at 10am**. If you are participating in Induction this summer and would like to request housing, you must complete the form below!

Scholars may receive Induction* housing if funding allows and if:
- Commuting to PSU each day for Induction presents a hardship that would inhibit full participation in Induction; AND
- Housing/transportation circumstances are different during Induction and fall 2019 (e.g., Scholars will be living in the PSU residence halls starting fall 2019 OR will not have transportation until fall 2019, etc.)

As most of you know, the current funding cycle for BUILD EXITO ends on June 30th, 2019. **Please be aware that summer 2019 programming, including Induction and Immersion, may be impacted by changes to BUILD EXITO's funding.**

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**PORTLAND AREA ANNOUNCEMENTS & EVENTS**

**PSU Graduation Details**

If you are planning to graduate this spring, there are several steps you need to take. Please be sure that you review the steps to graduation so you can graduate as planned.

[Learn more about graduation HERE](#)

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**ADDITIONAL RESOURCES & OPPORTUNITIES**

Are you:
- Between the ages of 18-24?
- Identify as LGBTQ?
- Interested in gaining research experience & giving back to your community?
- Able to complete interviews with LGBTQ people (ages 16-60) from your own communities?

If you answered yes to these questions and are interested in learning more, please email: [lgbtqresearchpdx@gmail.com](mailto:lgbtqresearchpdx@gmail.com) or attend the following informational session:

**Monday, March 18, 2019 at 5pm**
Portland State University - Parkmill Rm. 101
1633 SW Park Ave, Portland, OR 97201
We especially encourage youth who have experience with communities of color, indigenous communities, houselessness and foster care to apply.

*Youth researchers will receive a $500 stipend in addition to travel reimbursements

**Check out University of Oregon's Prevention Science MS Program!**

Applications are accepted on a rolling basis
**Deadline is May 1st, 2019**

Info session on April 5th, 2019 will be live streamed

More information at [uocoe.me/uoprevsci](http://uocoe.me/uoprevsci)