Welcome to May Scholars!

Way to wrap up midterms at our quarter system campuses. As for our semester campuses, congrats on completing another week of the term! You’re one week closer to finishing your academic year this May.

As we go into the weekend, let’s take a few moments to note how far we’ve all come. The Quarantine Fatigue is hitting many of us, but we should still take the time to celebrate our wins

- Brandon Datuin, one of our University of Guam Scholars is graduating this year and will be moving to Minnesota this fall to pursue a doctorate degree in chemistry! Read more about it here!
- Several BUILD EXITO Scholars presented at the DPC Virtual Symposium (Mohad Solgi, Kim Paulin, and Yareli Torres) and they ROCKED it.
- Meranda Corona, one of our PSU Scholars has been accepted into the NSF Graduate Research Fellowship!
- Brandy Lentz & Austin DeLos Santos, Cohort 3 Scholars, are authors in a publication!

If you’re reading this and thinking that you haven’t had any wins, you certainly have. You are reading this email, you are taking classes, you are keeping yourself (and maybe even others) alive. We encourage you to try to notice at least one small win during your day today. Take a moment to celebrate yourself and your achievements.

Also, now that we are cheering you on! Although we’re not all physically in the same space, we are as proud as ever of all of you. We want to celebrate your accomplishments, while also acknowledging that they can feel few and far between right now.

Best,
The BUILD EXITO Team

As we wrap up another week, here are the big take aways from Week 4 Student Health Survey (total participants = 76).

38% (n=27) of you are experiencing increased stress due to upcoming exams and papers.
- Resource: SHAC has created a Virtual Mind Spa full of activities, videos, and articles to help reduce stress (open to all).

33% (n=24) of you are having a hard time staying motivated.
- Resource: One great exercise is to look inward and ask yourself why you’re feeling unmotivated. Name the emotions your feeling, sit with it, and get to know it! By doing so, you can start doing the work to address it and move forward. Check out this great video about working/studying from home.
**28% (n=20)** of you have mentioned difficulties with the online learning environment.

- Resource: One great on-campus service is the **PSU Learning Center**! They're offering virtual coaching and tutoring. For partnering EXITO campuses, check in with your library and learning centers to see what support they have for you.

**18% (n=13)** mentioned struggles with mental health.

- Resource: One scholar shared their experience contacting **SHAC counseling services**. Consider reaching out to your campus's student health center to see what kind of services they still provide.

### What has been most helpful to you this week?

"Getting enough sleep, and taking time to just enjoy things that make me happy. Like playing animal crossing or talking to my family members through FaceTime."

"I was able to contact SHAC counseling services this week, and I am planning on doing zoom counseling sessions this term. They are being more flexible with free visits, so I can see them all term!"

"Allowing myself down time to process my emotions as they come, even if that means falling a little behind on schoolwork. Recognizing that it’s not always possible to complete everything to 100% in a day, and allowing myself to have a bad day."

"This week was really a turning point for me. I was able to volunteer to give out free produce to families in need this week & it really changed my perspective on my situation. Finally getting back to who I was pre-COVID-19 by giving back & helping those in need helped me refocus..."

### EXITO Program Information

**Cohort 4**

Last week you received an email about the **RLC Fair Update**. Please review it as the RLC Fair is coming up! Information covered

**Cohort 5**

Last week you received an email about the **RLC Fair Update**. Please review it as the RLC Fair is coming up! Information covered
Attention All Scholars

A remote journal club has been created for current Scholars and Alumni to virtually meet and discuss research.

When: Tuesdays 4:30-5:30pm PST
Where: https://pdx.zoom.us/j/93549724856
If you any questions email exito@pdx.edu.

@This Moment: COVID Conversations

Over the next 6 weeks PSU's College of Liberal Arts & Sciences will be hosting a series of virtual panel discussions highlighting faculty and student researchers at PSU and how their research has taken on new meaning in light of the COVID-19 pandemic. Topics will include issues of Climate, Work Life Balance, Social Disparities, History of Pandemics and more!

When: Thursdays 4-5pm PST
Where: bit.ly/COVIDTalks
*This series is free and open to all!

PSU COVID-19 Emergency Assistance

PSU students who qualify may receive up to $3000 in emergency funding. To learn more about this resource follow the link above and apply if you're eligible.

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.
The PSU Food Pantry is delivering!

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

Food for Thought

Racism and the Coronavirus

This week in Campus Well, SHAC’s Health Promotion team discusses stigma, racism and the novel coronavirus as it relates both to our campus community and nation. The article explores how current manifestations of racism are tied to historical patterns and provides resources and support for those experiencing racism within the PSU community.

What the CARES Act Means for Your Student Loans

What is the CARES Act? It’s the Coronavirus Aid, Relief, and Economic Security Act, which was passed by Congress and has supplied $2 trillion of relief.

In this NPR episode, learn about how student loans are being impacted by COVID and how you may be eligible for the CARES Act.

Oregon College Students Living On-Campus Adapt To Life During The Pandemic

In this OPB article, Motu Sipelii (BUILD EXITO Peer Mentor and Scholar) shares some insight about life at PSU. Other college students from Oregon share their experiences as well.

Non-COVID News

Graduating chemistry major to begin a top-ranked PhD program this fall

Brandon Datuin, one of our University of Guam Scholars is graduating this year and will be moving to Minnesota this fall to pursue a doctorate degree in chemistry! Follow the link above to read about his journey through undergrad and EXITO.

DPC Virtual Research Symposium

The first DPC Virtual Research Symposium is almost done! Support fellow BUILD scholars from across the country by checking out the Virtual Poster Hall and leave some feedback.

Also, shoutout to Mohad Solgi, Kim Paulin, and Yareli Torres who are Live Talk presenters at this event! Follow this link to learn more about their research.
It's Gonna Be Me (It's Gonna Be May - Official Video)

In honor of May 1st, enjoy this throwback!

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