And just like that, another week is coming to an end!

As we wrap up the 7th week of the term at PSU, we want to congratulate the Scholars attending semester universities and colleges for completing their academic year. The EXITO staff and faculty are so proud of you all for getting it done, especially given all the uncertainty and change this spring.

When we asked Scholars, "How are you feeling this week?" this is what a few of them had to say:

*I'm feeling okay this week, riding the wave of the situation.*

*I feel normal. I don’t really feel like I’m in a state of shock anymore. This feels like the new normal so I accept this type of living as my life.*

*I am feeling the stress more and more each week.*

*Feeling a bit uninspired these days. Looking forward to recharge this summer and do new things.*

A Zoom yoga instructor said to one of our staff this week, "When there's no normal, there's no abnormal."

This seems to capture how a lot of us are doing 8 weeks into being at home. It can be hard to even articulate how we feel or how we are doing. Compared to what? Based on what criteria? Looking at the results from the Student Survey this week, we know that many of you are experiencing significant changes to what was once your normal. In these abnormal times, we want to stress that there are resources out there to support you and we are all in this together.

Have a safe weekend,
The EXITO Team

---

**Week 6 Student Survey Results**

As of Wednesday, 65 Scholars had responded to the Week 6 survey.

**Of those 65 Scholars:**

31% mentioned feeling **overwhelmed, stressed, and/or exhausted**
- In case you haven't tried it yet, check out PSU's [Virtual Mind Spa](#). It's full of resources and activities to help you rest, relax, and recharge.

15% mentioned having struggling with **motivation**
- Consider looking into resources at your local university. At PSU, Scholars have shared connecting with academic coaches through the [Learning Center](#) who have
been helpful with boosting motivation.

22% described struggling with **mental health**
- Consider looking to your local university’s student health center. At PSU [SHAC is offering telehealth services](#) through the summer for eligible students.

20% were stressed about **upcoming exams/school assignments**
- Check out last week’s digest where we shared the [Virtual BUILD EXITO Care Package](#) full of activities and resources to help center you and prepare you to take on these last few weeks!

22% said they felt **good/OK** this week

14% described **decreased stress** due to having completed exams

When asked, "**What has been most helpful?**" Scholars shared...

> Taking the time to identify the things **within my control** and the things **not in my control**. I have noticed that this decreases my stress significantly and I can focus on the things I can control.

> Staying positive and **taking care of myself** as much as I can. I put myself first, and by doing that I actually put the things I care about first without it feeling like a drag.

> **Talking to my friends** and how we relate on all of the things that are happening.

### EXITO Program Information

**Join us for our End of the Year Virtual Celebration!!!**

Congratulations to Cohort 3 Scholars! Our End of the Year Celebration is going virtual as part of our ongoing efforts to ensure the health and safety of scholars, their families, friends and the greater community. We would love broad participation across the EXITO Network so please come if you can!

There will be guest speakers, videos, and more. Plus, your fav EXITO people will be there!

[RSVP Here!](#)

### Portland State Resources

**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. Several Scholars have been able to secure funds, see if you can too!

**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: Renters' 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.

Food for Thought

Coronasode: Virology Update (COVID-19)

What kind of masks should you wear? How many people have had COVID-19 and don't know? Do antibody tests work? When will we have a vaccine? Is it okay to picnic? Will there be a second wave? You need updates and we've got ologists.

All of Oregon -- including Portland -- can reopen Friday to some extent

Read this article to learn more about what opening may look like for Oregon starting today, May 15th!

Only have a few minutes to spare? Listen to NPR: Up First

NPR's Up First is the news you need to start your day. The three biggest stories of the day, with reporting and analysis from NPR News — in 10 minutes. On today's episode: States Reopening Chaos, FDA Test Warning, Burr Stepping Down

Non-COVID News

Some Good News Ep. 7: The Office Reunites!

John Krasinski highlights some good news around the world (including weather from Emma Stone) and has his friends from The Office join in to surprise a newly married couple. Special thanks to Emily Blunt for the intro and Zac Brown for the live performance!

Pro Chefs Improve Boxed Macaroni & Cheese (8 Methods)

Got some boxed mac and cheese in the pantry? Check out this video to find some ways to zhuzh it up! (And yes, zhuzh is a word! Use it next time your playing Words with Friends or Online Scrabble)
Stay Home.
Wash Your Hands.
Be Kind to Yourself.
Thank Essential Workers.