Happy Friday Scholars!

Week 8 is coming to an end and a Scholar shared a response to a question about how they are doing this week that many on the EXITO team could relate to.

When asked the question "How are you feeling this week?" the response was simple.

_Okayish._

We feel you. There have been many ups and downs over the past couple of months and there is much uncertainty to come. But we remain a community committed to supporting each other and cheering each other on! Just remember, we are all in this together and we are working hard behind the scenes to advocate for you as you continue on your journey.

One thing that stood out on the survey over the past several weeks was higher levels of stress for those caring for dependents. Makes sense but a good reminder, all you caregivers out there, that this feels stressful because it _is_ stressful. And you are not alone in that feeling. Take care of yourselves and know you are not alone.

Best,
The EXITO Staff

**Mean Health Rankings: STRESS, by Caring for Dependents?**
Pre-COVID through Spring Quarter 2020

<table>
<thead>
<tr>
<th>Week</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-COVID</td>
<td>4.76</td>
<td>4.27</td>
</tr>
<tr>
<td>Week 1</td>
<td>5.24</td>
<td>4.61</td>
</tr>
<tr>
<td>Week 2</td>
<td>5.06</td>
<td>4.12</td>
</tr>
<tr>
<td>Week 3</td>
<td>5.29</td>
<td>4.17</td>
</tr>
<tr>
<td>Week 4</td>
<td>5.26</td>
<td>4.63</td>
</tr>
<tr>
<td>Week 5</td>
<td>5.08</td>
<td>4.42</td>
</tr>
<tr>
<td>Week 6</td>
<td>4.57</td>
<td>4.72</td>
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<tr>
<td>Week 7</td>
<td>4.64</td>
<td>4.0</td>
</tr>
</tbody>
</table>

Scale = 1 to 7, Self-reported
As of the evening of 5/20, 71 students have responded to the Week 7 survey. Of those:

- **30%** (n = 21) described difficulties with online learning
- **20%** (n = 14) described feeling overwhelmed or overworked, usually in relation to academics
- **14%** (n = 10) were stressed about upcoming exams
- **14%** (n = 10) said that they had received relief funding within the past week
- *Today is the last day to apply for PSU COVID-19 Assistance!* Several Scholars have applied and received financial assistance. For Scholars at partnering universities, check with your financial centers to see what aid is available.
- **13%** (n = 9) mentioned struggling with mental health
- **13%** (n = 9) described a lack of motivation
- **11%** (n = 8) felt like they weren’t doing well in classes

When asked "**What has been most helpful?**", this is what a few of them had to say:

*Doing breathing exercises, and putting a limit on how much I work on the computer.*

*Screaming lyrics to Mariah Carey, T Pain, and Akon songs. The trio is very important. Something about the combined vibes cures mental health. Also, must be screamed. Actual singing is not an option.*

*Taking a few moments to appreciate what I have and what I’m doing.*

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**EXITO Program Information**

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

Congratulations to Cohort 3! Our End of the Year Celebration is going virtual. Join us next Thursday 4pm PST. 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!

As a reminder **Cohort 3, please RSVP!** In the form, we ask for your mailing address to send your regalia, and you can invite guests (family and friends) to join in the celebration too!

Finally, participants who RSVP will get the Zoom invitation and password next week!

**RSVP Here!**

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**Portland State Resources**

**PSU COVID-19 Emergency Assistance**

If you are experiencing financial strain, qualify to receive CARES Act funding and haven’t yet applied, you should do so by Friday, May 22 which is TODAY!
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.

Non-COVID News

Google's Tribute to Israel Kamakawiwo‘ole’s 61st Birthday
In honor of Asian Pacific American Heritage Month in the U.S., today’s Doodle celebrates the 61st birthday of native Hawaiian ‘ukulele player, singer-songwriter, and activist Israel Kamakawiwo‘ole.

PSU Women Resource Center is hiring for 2020-21!
Applications close May 27th!

PSU Cultural Resource Center is hiring for 2020-21!
Who's hiring: La Casa Latina Student Center, Multicultural Student Center, Native American Student & Community Center, & Pacific Islander, Asian & Asian American Student Center

Robotic barista debuts at Portland coffee shop
PSU Scholars, remember In J Coffee in the Park Blocks? Looks like they're using a robotic barista to help with social distancing!

Some Good News Ep. 8
Some Good News has always been... about YOU! SGN wants to thank each and every one of you for being a part of this story. For sending in your clips, weather reports, and art. For watching, laughing, crying, dancing, and celebrating with us. There IS always GOOD in the world!

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