Dear Scholars,

This week the United States announced very heavy news regarding COVID-19. The pandemic has now taken the lives of 100,000 people in the United States. As a research training program, we value the importance of science to inform the public, change policies, and ensure that all people can access the care they need to live long healthy lives. This is why many of us joined the research field - to help people. Take a moment to think back to why you joined this program and consider how that drives you and your goals as a BUILD EXITO Scholar.

As a program focused on diversifying the research field, we must also address the current events that have shaken our society in the past few weeks. It is painful to highlight these events and they bring up a range of emotions. Your sadness is valid. Your anger is valid. Feeling uncomfortable is valid. Choosing what to do with these emotions is difficult. Consider taking some time to reflect on the emotions stirred up for you by this week's news and how you can work to empower yourself, your community, and the communities harmed by injustices. This list of Anti-Racism Resources has been shared on many social media platforms and is a great place to start.

Sincerely,
The EXITO Team

Week 8 Student Survey Results

As of 5/28/20, 71 students have responded to the Week 8 Student Health Survey. Of those:

- **32% (n = 23)** said they’re feeling OK and/or better than last week
- **24% (n = 17)** described having academic work piling up
- **17% (n = 12)** reported that they’ve been struggling with motivation
- **14% (n = 10)** mentioned a lack of physical activity
- **8% (n = 6)** reported feeling better because they’d finished classes or had a decrease in academic stressors

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

Reminding myself that I wasn’t the only one who struggled with Online Learning!
In the last week, I decided to do a slight social media cleanse. I felt like I needed to unplug myself for a little bit and I actually found it quite rewarding doing so.

Having heartfelt conversations with friends and family and reaching out for support when I’m particularly stressed or upset.

**EXITO Program Information**

**Congratulation to Cohort 3!**

Yesterday was the first (and hopefully last!) virtual End of Year Celebration. We heard from Carlos Crespo, Tom Keller, Radhika Reddy, and Lisa Marriott - just to name a few. In addition, the following Cohort 3 Alumni shared some heartfelt sentiments about their journey with EXITO: Austin Delos Santos, Paulina Oropeza, MacKenzie Gray, and Steven Everist.

If you missed the event, check out the link that'll take you to the EOYC Website. We’ll be uploading a recording of the celebration in the next few weeks. In addition, if you would like to submit a shoutout to a particular Cohort 3 Scholar you can still do on the website!

**Portland State Resources**

**Students of Color Support Group**

Fridays, starting May 29th, 1:00pm - 2:30pm, Register using this form.

Join Cultural Resource Centers and Student Health and Counseling Services for a drop-in Students of Color support group. In this drop-in support group, participants will explore individual experiences, learn self-care strategies, and find solidarity, connection, and community within a safe and supportive environment. Topics may include: academic concerns, first-generation experiences, family issues, racism/microaggressions, intersectionality, imposter syndrome, as well as the impact of national/local events on emotional health.

**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.
The Daily: 100,000 Lives

Barbara Krupke won the lottery. Fred Walter Gray enjoyed his bacon and hash browns crispy. Orlando Moncada crawled through a hole in a fence to reach the United States. John Prine chronicled the human condition. Cornelia Ann Hunt left the world with gratitude.

Over 100,000 people have died from the coronavirus in the United States. Today, we remember some of them.

The Breakdown: We must become abolitionists

The systems and structures we are fighting against aren't a little corrupt, they were fully built to oppress us. Let [Shaun King] tell you that that means for us in 2020 and beyond.

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