Hi there Scholars.

How are you doing?
Schoolwork piling up?
Wondering how you will get it all done before the term is over?
Drained after an intense election?

You are nearing the end of fall term and there is a decent chance that you feel stressed and overworked (maybe not, which is great). We want to send a message—loud and clear—to take care of yourself in the midst of this busy time. One of our rockstar peer mentors puts out a regular newsletter for her Scholars and she recently did one focusing on mindfulness and avoiding burnout. This seemed like the perfect time to share it!

You can see Tiffany’s entire newsletter or check out a few highlights below:

I would encourage you to practice mindfulness. As easy as that sounds, it’s pretty difficult to slow down each day, without feeling like you’re wasting time.

Reasons to consider mindfulness:

- Mindfulness is good for our minds: Several studies have found that mindfulness increases positive emotions while reducing negative emotions and stress. Indeed, at least one study suggests it may be as good as antidepressants in fighting depression and preventing relapse.
- Mindfulness changes our brains: Research has found that it increases density of gray matter in brain regions linked to learning, memory, emotion regulation, and empathy.
- Mindfulness enhances relationships: Research suggests mindfulness training makes couples more satisfied with their relationship, makes each partner feel more optimistic and relaxed, and makes them feel more accepting of and closer to one another.
- Mindfulness helps healthcare professionals cope with stress, connect with their patients, and improve their general quality of life. It also helps mental health professionals by reducing negative emotions and anxiety, and increasing their positive emotions and feelings of self-compassion.

If you are interested in learning more follow this link to see the full article.

And check out this video by Dr. Shauna Shapiro, she briefly speaks about Mindfulness and the brain.

Also, PSU created this great NO BURNOUT GUIDE to help you stay focused when you are busy.

Thanks to Tiffany for the great information and wealth of resources about being mindful within the demands of life as a Scholar!
Impostor Syndrome
Our Community Newsletter in Nov focused on Impostor Syndrome. We hope you are all doing the following to combat your Impostor Syndrome this month and in the future:

1. Focus on the value you bring, not on attaining perfection.
2. Own your successes. You didn’t get lucky by chance.
4. Hold firm to ambition. Risk outright exposure!

The application for the next cohort of Scholars opens on December 5th!
Please spread the word and let us know if you have any ideas to recruit prospective Scholars! Also, if you don’t already follow us on Facebook, please do so you can engage in our recruitment efforts via Social Media!

At Portland State University
- PSU opened two new cultural Resource Centers. Check out the website and events calendar.
- Attending PSU next year? The scholarship application deadline is coming up! More information and an RSVP to an upcoming workshop can be found here.

- All local Scholars are invited to attend the weekly Scholar Enrichment events at PSU! These take place on Friday afternoons at PSU’s University Technology Services (UTS) Building in Room 307. Sessions for first year Scholars are from 1-2:50. For second year Scholars, sessions are from 2-3:50.

Funding Opportunities and Paid Internships
Are you an LGBTQ+ student or ally? Check out this scholarship opportunity!
Interested in a paid research internship in...
Check out this Summer Clinical Research Internship at OHSU. Deadline is Jan 6th, [learn more here!](#)

Headed to Med School? First and second year medical students, can apply for the Harvard Visiting Program for Medical Students [Find out more here.](#)

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**Portland Metro Events and Resources**

- [OHSU hosts Dallas trauma surgeon for dialogue on race and medicine.](#)
  Monday, Nov 28, 2016, 7 a.m.-7:45 a.m., Grand Rounds, Doernbecher Vey Auditorium

- [Knight Cardiovascular Lecture Series](#)


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The [Emerging Leaders Internship Program](#) matches college students with paid internships at some of Portland's top companies!

**Applications open January 3, 2017.**

Check out their website for a list of companies that participated this year.

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[Pacific Northwest National Laboratory](#) provides a variety of opportunities to engage undergraduates in positions that serve the developing educational focus of the student, and the ongoing research objectives of all capabilities at the lab.

**Applications are DUE January 2017**
Visit our website