Welcome to the Scholar Newsletter!

With the leaves falling and the weather getting colder, it can be easy to stay indoors and study the day away - especially with midterms coming around already! Don’t forget that your campuses have a multitude of resources to get involved. Beyond being a Scholar and student, we are all people who need to connect with each other, the research speaks for itself! Check out this article about Social Networks and Health.

Whether that’s taking a workout class at your recreational center or joining a student club, you can find new spaces to meet people and expand your community.

Scared to go alone? Take one of your fellow EXITO Scholars and just show up! It’s a great time of the academic year to try out new experiences without feeling “too late to the party.”

Consider this your call to action! Take time to go and check out that student group, attend that lecture series, or sign up for one of those workout classes you’ve been eyeing but haven’t tried yet. There are only 65 days left in this decade, so go for it!

With all this talk of getting social and meeting new people in our communities, we would like to introduce Cohort 5 Scholars to EXITO. If you’re part of an older Cohort and see some of these faces around campus, say hi and welcome them to the EXITO community.

This year, the Communications Team is hoping to generate more content to share with you and we need your help! Sharing your experiences and photos will help us out. Tag us on social media or share your experiences with us at exito@pdx.edu to be featured in the November edition.

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The YASS is an important tool that helps improve EXITO for current and future cohorts by providing us with insights into your goals and experiences.

Keep an eye out for emails and announcements in Enrichment to confidentially share your thoughts and opinions.

Upcoming Events

**PSU Graduate Programs Showcase**
October 29 & 30

Take the next step and find a graduate program that's right for you at PSU.

**OHSU Mini Med Event**
November 9 from 11am - 3pm

Attend this event at OHSU for an afternoon of medicine, health, and science-related programming! You don’t want to miss it!

**All Majors Career & Internship Fair**
October 29 from 11am - 3pm

PSU students and alumni of all majors are invited to attend this on-campus recruiting event, which will bring over 80 employers from a variety of industries (government, private sector, nonprofits) together to share information about their organizations and available opportunities.

**Engineering + Tech Career & Internship Fair**
October 30 from 11am - 3pm

PSU students and alumni interested in career opportunities in the engineering and technology fields are invited to attend this recruiting event, which will bring together over 50 employers, from both public and private sector, where they will share information about their organizations and available opportunities.

**R-Studio Weekly Workshop**
Thursdays from 1pm - 2:30pm

Learn about the basics of R Studio. Workshops will start on Thursday October 24 and every Thursday after.

**The Feminist of Color Collective**
Fridays from 4:30pm-5:30pm

A space for students of color on PSU's campus to gather in community through storytelling, connection, and exploring dialogue of feminist possibilities.
“I’m First” A Celebration of First Gen Students
November 7 from 11am - 1pm
This fall, the Multicultural Student Center will be hosting a casual event to celebrate and acknowledge first-generation college students at PSU.

Minority Health and Health Disparities Research Lecture
November 6 from 11:30am - 1:30pm
Dr. Eliseo Perez-Stable, Director of the National Institute on Minority Health and Health Disparities, will discuss his research about improving the health of racial and ethnic minorities and underserved populations.

Upcoming Opportunities

McNair Research Program
Interested in grad school? Want to conduct more research as an undergrad? Interested in getting a PhD?
The Ronald E. McNair Program can help you with these goals! The program works with motivated and talented undergraduates who want to pursue Masters and/or PhDs from all majors. Applications due Monday November 8, 2019 for cohort starting winter term 2020.

EXITO Alumni Chanel Ison and Arjun Viray have also been a part of the McNair Program and are offering help with reviewing applications or answering any questions interested Scholars may have. Reach Chanel at chanel@pdx.edu and Arjun at iarjun@pdx.edu.

Communications and Outreach Intern
Saturday Academy seeks one college student for an unpaid internship to learn about the outreach and communications involved in an internship program within a non-profit organization. The intern will be assigned to the ASE Program doing projects to gain an overview of the program as well as contribute meaningfully to the program’s operation. The ASE Program develops eight-week, full-time summer internships for high school students with a strong interest and ability in science, technology, engineering, and math fields.

University of Michigan Frankel Cardiovascular Center - Summer Undergraduate Fellowship program
The University of Michigan Frankel Cardiovascular Center is pleased to offer a 10-week fellowship program starting in May 2020 to support undergraduate students interested in cardiovascular research. Applications open December 16, 2019 and close January 20, 2020.

Openings at the Cultural Resource Centers
Check out some openings with the Cultural Resource Centers. Positions vary from being a part of the Advisory Council to Student Receptionist and Rooftop Gardener!

Openings at the Women's Resource Center
Become a Student Peer Mentor or help out with event planning through the Women's Resource Center!
Financial Aid & Scholarships

**FAFSA**
Applications for 2020/2021 are open. Some schools have limited funds so get your applications in ASAP.

**PSU Scholarships**
Start applying to scholarships for 2020/2021 academic year.