



**INFORMATION AND RESOURCES FOR THIS PERIOD OF REMOTE LEARNING
COMPILED BY THE MULTICULTURAL RESOURCE CENTER**

Updated 3/4/21

Penn State COVID-19 Resources

Most Current Penn State Virus Information (including frequently asked questions): [Here](#)

Dashboard (data on Penn State's COVID-19 surveillance testing program): [Here](#)

University Support (including tracing, quarantine, and isolation, and reporting forms): [Here](#)

What to Do if I Feel Sick? (PSU News): [Here](#)

Testing and Support: [Here](#)

Walk-up COVID-19 Testing: [Here](#)

Self-Referral Form: [Here](#)

Quarantine and Isolation Resources: [Here](#)

COVID Alert PA (exposure notification app): [Here](#)

Penn State Wellness

List of Resources for Student Wellness (PSU News): [Here](#)

CAPS Chat (virtual): [Here](#)

CAPS Life Hacks Kits: [Here](#)

Fitness Opportunities (virtual): [Here](#)

Health and Wellness Services: [Here](#)

Health and Wellness during COVID-19: [Here](#)

Life Hacks Kits (step-by-step wellness kits, including kits for anxiety and motivation): [Here](#)

Overcoming Pandemic Fatigue (PSU News): [Here](#)

Spring Wellness Days (PSU News): [Here](#)

Tips to Practice Emotional and Mental Wellness (PSU News): [Here](#)

WellTrack App (interactive guide to personal wellness): [Here](#)

Wellness Days (activities for no-instruction days): [Here](#)

Wellness Services: [Here](#)

Penn State Academics

Academic Advising and Support: [Here](#)

Alternative Grading Information and Frequently Asked Questions: [Here](#)

Alternative Grading Policy: [Here](#)

Keep Learning (learning at home resources): [Here](#)

Library Remote Resources: [Here](#)

Penn State Learning: Tutoring and Learning Support Resources: [Here](#)

New Registration Schedules for SU21 and FA21 (PSU News): [Here](#)

Undergraduate Grade Forgiveness Policy (effective SU20): [Here](#)

Penn State Resources

List of Contacts and Resources for Penn Staters: [Here](#)

Campus Rec Registration Web Portal (to reserve workout times): [Here](#)

Career Counseling (Nittany Lion Careers): [Here](#)

Career Services (including virtual career fairs): [Here](#)

Lion's Pantry: [Here](#)

Office of Student Aid: [Here](#)

Office of Student Care and Advocacy: [Here](#)

Resources for Victims of Sexual Assault and Misconduct (PSU News): [Here](#)

Student Legal Services: [Here](#)

University Health Services (includes Telemedicine): [Here](#)

You@PSU Online Portal (resources for academics, well-being, and involvement): [Here](#)

Penn State Equity and Inclusion:

Diversity, Equity, and Inclusion Resources: [Here](#)

Action Together: Advancing, Equity and Inclusion at Penn State: [Here](#)

Office of the Vice Provost for Educational Equity: [Here](#)

Report Bias Site: [Here](#)

Toward Racial Equity at Penn State Roundtables: [Here](#)

Town Hall on Presidential Commission on Racism, Bias, and Community Safety and the Student Code of Conduct Task Force (December 9, 2020): [Here](#)

Additional Penn State Information

Computer Lab Hours: [Here](#)

CRec App (Penn State Campus Recreation's app): [Here](#)

Historical Class Search (for summer classes): [Here](#)

In-Person Student Experiences (PSU News): [Here](#)

Internship Guidelines: [Here](#)

LinkedIn Learning at Penn State (business, technology, and creative skills): [Here](#)

Paw Prints Printing Kiosks: [Here](#)

Penn State Eats (mobile ordering): [Here](#)

Remote Learning On-Campus Rooms (Penn State Go app): [Here](#)

University Libraries Hours: [Here](#)

Updated Student Code of Conduct (PSU News): [Here](#)

Victim and Survivor Support and Advocacy (for dating, domestic or relationship violence): [Here](#)

WebApps (access applications found in Penn State Labs): [Here](#)

Weblabs at Penn State (remote access to lab computers): [Here](#)

Tips for Successful Remote Learning:

10 Tips to Stay Productive When Studying from Home (San Joaquin Valley College): [Here](#)

33 Top Tips for Distance Learning Students: [Here](#)

How to Create the Perfect Study Environment for Online Learning (Purdue University Global): [Here](#)

Tips for remote learning during the coronavirus outbreak: [Here](#)

Helpful Links Unrelated to Penn State:

Aunt Bertha – The Social Care Network (for free or reduced cost services in U.S.): [Here](#)

Central PA Food Banks: [Here](#)

Centre Helps (help with mental, food, housing, and health crisis in Centre County, PA; dial 814-237-5855 for a 24-7 hotline or text M-F/8-5): [Here](#)

Everybody Walk Across Pennsylvania (virtual walking program, 4/5-5/24): [Here](#)

Feeding America (food banks network): [Here](#)

Philadelphia Area Food Pantries: [Here](#)

Pennsylvania Food Banks: [Here](#)

State College Food Bank: [Here](#)

Storage Squad (student storage): [Here](#)

Supplemental Nutrition Assistance Program (SNAP): [Here](#)

Xfinity/Comcast Internet Data Usage Data Cap: [Here](#)

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