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

THE MRC COUNSELORS ARE HERE FOR YOU!