INFORMATION AND RESOURCES FOR THIS PERIOD OF REMOTE LEARNING
COMPILED BY THE MULTICULTURAL RESOURCE CENTER
Updated 3/29/21

**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](#)
Define Your Pod to Help Contact Tracing (PSU News): [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**

Commencement (PSU News): [Here](#)

Computer Lab Hours: [Here](#)

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

Federal Internet Subsidy (PSU News): [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](#)

Zoom Meetings Safety Guidelines: [Here](#)

Zoom-Bombing Prevention (College of the Liberal Arts): [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!