Penn State COVID-19 Resources

- [Current Penn State COVID-19 Information](#) (including Frequently Asked Questions)
- [Dashboard](#) (data on Penn State’s COVID-19 surveillance testing program)
- [COVID-19 University Support](#) (including tracing, quarantine, isolation, and reporting forms)
- [Students On-Arrival Requirements for COVID-19 Testing](#) (Penn State News)
- [COVID-19 Vaccinations at Penn State](#)
- [COVID-19 Immunization Submission](#)
- [How to Provide Proof of COVID-19 Vaccination](#) (Penn State News)
- [Penn State Masking Requirements](#), effective August 4, 2021 (Penn State News)
- [Coronavirus FAQs: Specifics from the University’s Fall 2021 Plan](#) (Penn State News)
- [COVID-19 Testing Protocols for Fall 2021 Semester](#) (Penn State News)
- “Raise Your Hand” (for students who cannot be on campus in the fall; (Penn State News)
- [Penn State Vaccine Information](#)
- [COVID-19 Testing and Support](#)
- [Quarantine and Isolation Resources](#)
- [COVID Alert PA](#) (exposure notification app)
- [Protocols for events and large gatherings at Penn State](#) (Penn State News)
- [President’s Town Hall, August 3, 2021](#)
- [Open Letter from President Barron to the Penn State Community](#) (Penn State News)

Penn State Wellness

- [Resources for Student Wellness](#) (Penn State News)
- [CAPS Chat](#) (virtual)
- [CAPS Life Hack Kits](#) (step-by-step wellness kits, including kits for anxiety and motivation)
- [Fitness Opportunities](#) (virtual)
- [Health and Wellness Services](#)
- [Overcoming Pandemic Fatigue](#) (Penn State News)
- [Tips to Practice Emotional and Mental Wellness](#) (Penn State News)
- [WellTrack App](#) (interactive guide to personal wellness)
- [Free Wellness Services](#)
Penn State Academics

- Academic Advising and Support
- Alternative Grading Information and Frequently Asked Questions
- Keep Learning (learning at home resources)
- Library Remote Resources
- Penn State Learning: Tutoring and Learning Support Resources
- Undergraduate Grade Forgiveness Policy (effective SU20)

Penn State Resources

- University Resources for Penn Staters
- Campus Rec Registration Web Portal (to reserve workout times)
- Career Counseling (nittany lion Careers)
- Career Services (including virtual career fairs)
- DACA and Undocumented Students
- The Lion’s Pantry
- Office of Student Aid
- Office of Student Care and Advocacy
- Resources for Victims of Sexual Assault and Misconduct (Penn State News)
- Student Legal Services
- University Health Services (includes Telemedicine)
- YOU@PSU Online Portal (resources for academics, well-being, and involvement)

Penn State Equity and Inclusion

- Diversity, Equity, and Inclusion Resources
- Action Together: Advancing Diversity, Equity and Inclusion at Penn State
- Office of the Vice Provost for Educational Equity
- Report Bias Site
- Toward Racial Equity at Penn State Roundtables (11/4/20;9/8/20;6/30/20)
- Town Hall on Presidential Commission on Racism, Bias, and Community Safety and the Student Code of Conduct Task Force (12/9/20)
- Student Code of Conduct (Penn State News)

Additional Penn State Information

- Computer Lab Hours
- CRec App (Penn State Campus Recreation’s app; Penn State News)
- Emergency Grants Application (Penn State News)
- Guided Study Groups
- Internship Guidelines
• LinkedIn Learning at Penn State (business, technology, and creative skills)
• LiveOn Student Success Grant for Room and Board (Penn State News)
• Move-in Schedule for Fall 2021
• Paw Prints Printing Kiosks
• Penn State Eats (mobile ordering)
• Remote Learning On-Campus Rooms (Penn State Go App)
• Tech Checklist for Penn State’s Return to Campus (Penn State News)
• University Libraries Hours
• Updated Student Code of Conduct (Penn State News)
• Victim and Survivor Support and Advocacy (for dating, domestic or relationship violence)
• Virtual Study Groups
• WebApps (access applications found in Penn State Labs)
• WebLabs at Penn State (remote access to lab computers)
• Zoom Meetings Safety Guidelines
• Zoom-Bombing Prevention (College of the Liberal Arts)

Tips for Successful Remote Learning
• 10 Tips to Stay Productive When Studying from Home (San Joaquin Valley College)
• 33 Top Tips for Distance Learning Students
• How to Create the Perfect Study Environment for Online Learning (Purdue University Global)
• Tips for remote learning during the coronavirus outbreak

Helpful Links Unrelated to Penn State
• Aunt Bertha – The Social Care Network (for free or reduced cost services in U.S.)
• Central Pennsylvania Food Bank
• Centre Helps (help with mental, food, housing, and health crisis in Centre County, PA; dial 814-237-5855 for a 24/7/365 hotline or text M-F/8:00 a.m. - 5:00 p.m.)
• Emergency Broadband Benefit (federal internet subsidy)
• Everybody Walk Across Pennsylvania (virtual walking program)
• Feeding America (food bank network)
• Lifeline Support for Affordable Communications
• Philadelphia Area Food Pantries
• Pennsylvania Food Banks
• State College Food Bank
• Storage Squad (Penn State student storage)
• Supplemental Nutrition Assistance Program (SNAP) for food assistance

THE MRC COUNSELORS ARE HERE FOR YOU!