INFORMATION AND RESOURCES FOR THIS PERIOD OF REMOTE LEARNING
COMPILED BY THE MULTICULTURAL RESOURCE CENTER
Updated 1/25/21

Most Current Penn State Virus Information (including frequently asked questions): [Here]
COVID-19 Dashboard (data on Penn State’s COVID-19 surveillance testing program): [Here]
COVID-19 Support (including tracing, quarantine and isolation, and reporting forms): [Here]
Action Together: Advancing, Equity and Inclusion at Penn State: [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]

Penn State News

PSU News – Spring Semester COVID-19 Testing Plans: [Here]
PSU News (IMPORTANT!!) – Testing Requirements for Return to Campus Before February 15th: [Here]
PSU News – Reduction of Spring 2021 Room and Board Costs: [Here]
PSU News – Spring Remote Spring Return: [Here]
PSU News – COVID Walk Up Testing Hours (UP campus, through January 18th): [Here]
PSU News – Spring Wellness Days: [Here]
PSU News – Resources Available During Remote Instruction: [Here]
PSU News – Penn State Go (location-based notifications): [Here]
PSU News – Alternative Grading Policy: [Here]
PSU News – Overcoming Pandemic Fatigue: [Here]

Academics

Academic Advising and Support: [Here]
Alternative Grading Information and Frequently Asked Questions (Fall 2020): [Here]
Alternative Grading Policy: [Here]
Flexible Instructional Modes (spring 2021): [Here](#)

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

Library Remote Resources: [Here](#)

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

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

**Penn State Resources**

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

CAPS Life Hacks: [Here](#)

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

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

Federal Emergency Aid Grant for Students (frequently asked questions): [Here](#)

Health and Wellness Services: [Here](#)

Office of Student Aid: [Here](#)

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

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

Student Legal Services: [Here](#)

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

University Libraries Hours: [Here](#)

**Other Penn State Information**

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

Commencement: [Here](#)

Computer Lab Hours: [Here](#)

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

COVID Self-Referral Form (students): [Here](#)

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

Internship Guidelines: [Here](#)

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

Lion Cash Refund Form: [Here](#)

Lion’s Pantry: [Here](#)

Move-Out Process (for students not returning in the spring): [Here](#)
Paw Prints Printing Kiosks: [Here](#)

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

Quarantine and Isolation Resources: [Here](#)

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

Resources for Victims of Sexual Assault: [Here](#)

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

Virtual CAPS Chat: [Here](#)

Virtual Fitness Opportunities: [Here](#)

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

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

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

Wellness Services: [Here](#)

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

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

Helpful Links Unrelated to Penn State:

10 Tips to Stay Productive When Studying from Home (SJVC): [Here](#)

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

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](#)

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

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

Philadelphia Area Food Pantries: [Here](#)

Pennsylvania Food Banks: [Here](#)

Pennsylvania Supplemental Nutrition Assistance Program (SNAP) for food assistance: [Here](#)

State College Food Bank: [Here](#)

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

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

THE MRC COUNSELORS ARE HERE FOR YOU!