INFORMATION AND RESOURCES FOR THIS PERIOD OF REMOTE LEARNING
COMPILED BY THE MULTICULTURAL RESOURCE CENTER
Updated 8/6/21

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
Link to Provide Proof of COVID-19 Vaccination (PSU News): Here
New Penn State Masking Requirements, effective August 4, 2021 (PSU News): Here
Coronavirus FAQs: Specifics from the University’s Fall 2021 Plan (PSU News): Here
New COVID-19 Testing Protocols for Fall 2021 Semester (PSU News): Here
“Raise Your Hand” (for students who cannot be on campus in the fall; PSU News): Here
COVID-19 Immunization Submission: Here
Penn State Vaccine Information: Here
Testing and Support: Here
Quarantine and Isolation Resources: Here
COVID Alert PA (exposure notification app): Here
Protocols for events and large gatherings at Penn State (PSU News): 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

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

WellTrack App (interactive guide to personal wellness): Here

Wellness Services: Here

**Penn State Academics**

Academic Advising and Support: Here

Alternative Grading Information and Frequently Asked Questions: 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

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 (11/4/20; 9/8/20; 6/30/20): [Here](#)

Town Hall on Presidential Commission on Racism, Bias, and Community Safety and the Student Code of Conduct Task Force (12/9/20): [Here](#)

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

**Additional Penn State Information**

Computer Lab Hours: [Here](#)

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

Emergency Grants Application (PSU News): [Here](#)

Guided Study Groups: [Here](#)

Internship Guidelines: [Here](#)

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

LiveOn Student Success Grant for Room and Board (PSU News): [Here](#)

Move-in Schedule for Fall 2021: [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](#)

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

Virtual Study Groups: [Here](#)

Web Apps (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]

Emergency Broadband Benefit (federal internet subsidy): [Here]

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

Feeding America (food banks network): [Here]

Lifeline Support for Affordable Communications: [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!