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

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
Penn State Updates on Masking and Distancing Measures (PSU News): Here
Summer Drop-In COVID-19 Testing Schedule (PSU News): Here
Summer COVID Mitigation Plans (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

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 Summer Schedule (PSU News): [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]

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!**