INFORMATION AND RESOURCES FOR THIS PERIOD OF REMOTE LEARNING
COMPILED BY THE MULTICULTURAL RESOURCE CENTER
Updated 2/8/21

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
Student Retesting After Campus Arrival Here
Spring Semester COVID-19 Testing Plans: Here
(IMPORTANT!!) – Testing Requirements for Return to Campus Before February 15th: Here
Reduction of Spring 2021 Room and Board Costs: Here

Spring Remote Spring Return: Here
Spring Wellness Days: Here
Overcoming Pandemic Fatigue: Here

Academics
Academic Advising and Support: Here
Alternative Grading Information and Frequently Asked Questions: 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
List of Resources for Student Wellness: 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
Health and Wellness During COVID-19: Here
Historical Class Search (for summer classes): Here
Internship Guidelines: Here
Life Hacks Kits (step-by-step wellness kits, including kits for anxiety and motivation): 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 and Misconduct: [Here](#)
Student Code of Conduct (updated code): [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](#)
WellTrack App (interactive guide to personal wellness): [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](#)
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](#)
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!