Penn State Treasure
Your Guide to Multicultural Resources at Penn State
This publication was produced as a student-led effort.
Welcome to Penn State!

By joining our university, you are now a part of an institution that is known nationally and internationally for excellence in teaching, research and service. I hope that you feel like you are joining an extended family – one that places a high value on community, respect, integrity and responsibility, as well as excellence and discovery. At the center of these is mutual respect for one another.

Our diversity as a University community is a key strength. It is at the core of what makes Penn State great. We are here to learn from and about one another; our diversity is critical to the education of our students, broadening their exposure to people from very different perspectives, economic and racial backgrounds, and international viewpoints. Indeed, it is our obligation as a great university to build bridges of understanding and to help the world to recognize and celebrate the intrinsic value of every person.

I urge you to fully engage in the Penn State community and to take advantage of the many opportunities you’ll find here.

Thank you for being a part of Penn State!
In today’s competitive society, it is crucial to establish networks and make positive connections. Those who take full advantage of available opportunities and resources will better equip themselves to be successful. As a student, you have numerous opportunities to make connections that can help you distinguish yourself from the rest. During your time at Penn State, I encourage you to attend the informational sessions offered and to visit the various offices that can assist you in making decisions regarding your academic success and career opportunities. Information on some of these resources is included in this edition of the Penn State Treasure.

Welcome to Penn State!
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Greetings,

I’m glad you found the *Penn State Treasure*. During my freshman year, I had a hard time getting involved, getting additional help with my school work, and not knowing the other helpful resources on campus. The reason I, along with my team, created this publication is because I wanted first-year students of color to be aware of some of the best resources available to students. I also wanted to help you with your transition so that you are aware of these resources early in your Penn State careers.

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The mission of the ARC is to encourage and support research and scholarship on Africa and its Diaspora that will (a) enhance the lives of persons of African descent in the United States and throughout the Diaspora, and (b) serve as a catalyst for promoting an enabling environment where cultural production and discourse on diversity can be nurtured to advance the research, teaching, and outreach missions of Penn State.

WHAT WE DO

* AWARD RESEARCH GRANTS for students up to $1,500

* PROVIDE CO-SPONSORSHIP FOR CULTURAL OR SCHOLARLY PROGRAMMING to official student organizations up to $500

* FUND DISSERTATION FELLOWSHIPS up to $1,000

* HOST UNDERGRADUATE RESEARCH EXHIBITION with prizes, including up to $1,000 in funding

* SPONSOR THE BARBARA JORDAN and NELSON MANDELA LECTURES

* SUPPORT COLLEGE OF THE LIBERAL ARTS POSTDOCTORAL FELLOWS

FOR MORE INFORMATION, PLEASE VISIT WWW.ARC.LA.PSU.EDU
What we do:

We support students who apply for competitive national and international fellowships.

We are committed to advising students throughout the application process to maximize their ability to compete.

Where to start:

1. Explore our website to identify fellowship opportunities that are a good fit for your educational and career goals.

2. Call or email to schedule a meeting.

3. Fill out the intake form found on our homepage.

4. Come to your meeting ready to discuss your goals.

Global Languages Week
September 6-9

Science, Technology, Engineering & Math
October 24-28

International Education
November 14-18

International Relations and Public Policy
December 5-9

212 Boucke Bldg. - univfellowships@psu.edu - 814-863-8199
"I am a firm believer that life is not meant to be lived in one place, and that traveling is a way to fully live and experience life."

**Study Abroad Spotlight: Shana-Kay in the Dominican Republic**

I think I would tell other students to study abroad because it is simply a life-changing experience. You are presented with an opportunity to experience a country in a way that many people can only dream about doing. You meet people who will impact you forever. You learn about your respective country and learn a different perspective of the people of that country. Studying abroad is something that changes your life because it changes your world-view and how you view yourself. I can guarantee you that once you study abroad you will come back to your home country with a new perspective and appreciation for life itself.

I try to market my study abroad experience as much as possible; the fact that I lived in a different country for four months, spoke a different language and learned how to interact with new people, had to learn how to establish rapport quickly and learn how to adjust to a new environment are skills I believe I’ve attained and are valuable to any and all activities in my life, especially job searching.

Education Abroad at Penn State opens the world to all who seek it.

If you’re not sure where to start, check out Global Programs at global.psu.edu. We have Study Abroad 101 information sessions, walk-in appointments with Peer Advisers, and Education Abroad Advisers who are eager to meet with students and assist in the program and scholarship application process. Our offices are located on the 4th floor of Boucke Building, right across from the HUB.

Want to engage our global community on campus? Consider joining Global Engagement & Leadership Experience (GELE): a group of students that converse about cultural perceptions, the impact of global leadership and the global climate at Penn State.

Save the Date: Our Annual Education Abroad Fair is October 12th, 2016

Peer Advisers 426A Boucke 11am - 4pm Walk-in Advising
In order to help you succeed and thrive at Penn State, CAPS provides confidential group and individual counseling, crisis intervention, and psychological and psychiatric evaluations for undergraduate and graduate students, as well as prevention and consultation for the University community. You can learn more about our services at http://studentaffairs.psu.edu/counseling/.

CAPS is located on the fifth floor of the Student Health Center. Our professional staff includes psychologists, psychiatric providers, social workers, counselors and graduate trainees who specialize in college student mental health.

Office hours are Mon-Fri from 8 am to 5 pm.

Call 814-863-0395 to schedule an initial phone appointment.

Evening crisis services available from CAN HELP at 1-800-643-5432.

There is no charge for Basic CAPS services if you are a full time registered student (12 credits or more for undergraduates, 6 credits or more for graduates) for the semester in which you are interested in seeking services.
Center for Women Students

Programming Topics:
- Sexual Violence
- Relationship Violence
- Stalking
- Sexual Harassment
- Gender Stereotypes
- Supporting Survivors
- Body Image
- and more!

Contact Us:
240 Boucke Building
(814) 863-2027
pennstatecws@psu.edu
studentaffairs.psu.edu/womenscenter/
LGBTQA
Student Resource Center

Providing a safer space for our LGBTQA students and their allies!

Offering many events, programs, and support services, including:

- Discussion Groups
- Mentorship Program
- Scholarships
- Faculty/Staff Safe Zone Trainings
- Student Peer Ally Trainings
- Lounge Space

Confidential email: lgbtqa@psu.edu
Website: studentaffairs.psu.edu/lgbtqa
Phone: (814) 863-1248
Unlocking Your Potential

220 Grange Bldg. * 814-865-1773 * http://equity.psu.edu/mrc
Pasquerilla Spiritual Center

Penn State recognizes that the well-being of its students, faculty, and staff - and their ability to lead healthy, fulfilling lives - is a product of their intellectual, cultural, moral and spiritual development.

The largest multi-faith center of its kind in the country, The Pasquerilla Spiritual Center is home to the Center for Spiritual and Ethical Development (CSED) at Penn State. CSED offers a welcoming, safe, inclusive environment for the Penn State community to explore a multitude of faith traditions in a compassionate, open-minded setting. CSED aims to promote an environment that stretches beyond tolerance to a genuine appreciation of and respect for religious and spiritual diversity.

Pasquerilla Spiritual Center - Eisenhower Chapel

814.865.6548 | Contact The Center for Spiritual and Ethical Development
THE PAUL ROBESON CULTURAL CENTER

Providing programs and services that encourage diverse perspectives, experiences, and cultures of many under-represented communities that comprise the student, faculty, staff, and community population of University Park and State College.

Programs include:

- Cultural Enrichment
- Social Justice
- Identity Development
- Cultural Education

Located on Hub ground floor near Starbucks

Follow Us!
Facebook.com/psu.prcc
@psuprcc
Licensed attorneys provide free and confidential legal services on a wide range of legal issues such as summary criminal citations, traffic citations, expungements, landlord/tenant matters, uncontested divorces, name changes, consumer issues, wills and powers of attorney.

Currently enrolled students at University Park campus are eligible for referral, consultation or representation services.

Student Legal Services
248 East Calder Way, Suite 303
(814) 867-4388
studentaffairs.psu.edu/legalservices
BE THE DIFFERENCE!
TAKE A STAND FOR A POSITIVE CAMPUS CLIMATE
HELP STOP:
- Discrimination
- Homophobia
- Sexual Assault
- Hate
- Bigotry
- Hostility
- Violence
- Cruelty
- Racism
- Intolerance
- Inequity
- Prejudice
- Persecution
- Bullying
- Bias
- Defamation
- Injustice
- Oppression
- Abuse
- Harassment

REPORT A BIAS INCIDENT
Penn State is a community of mutual respect and acceptance.

equity.psu.edu/reportbias

1-800-560-1637
(24-HOUR HOTLINE)
Tips For Success

1. Studying in high school is not the same as studying in college, you should be studying on average 20 hours per week.

2. Building a relationship with your professors is very important. Do your best to go to office hours for a 1-on-1 conversation with your professors.

3. Read your syllabus as soon as you receive it and mark down all due dates and test dates on your calendar.

4. In Google type in your phone company provider followed by student discount to receive a discount on your phone bill.

5. Get Involved! Take advantage of your time here at Penn State and get involved with different clubs and organizations.

6. Visit your counselor in the Multicultural Resource Center. The counselors in the MRC are there to provide individual counseling and educational services for you.

7. Visit the multicultural leader, director, or dean in your college. These offices can also provide support for students of color and staff within their respective college.

8. Pursue your passion. College is a very big investment; you need to make sure that you love your chosen field of study.

9. Be mindful of where you spend your meal points. The HUB does not give you a 65 percent discount on food, and will deplete your meal points. Go to the Commons for the discount.

10. Check your email every day and consider learning email etiquette.

11. If you are struggling with any subject, the Penn State Learning Center is located at 220 Boucke Building to provide assistance.

12. You will not pass if you do not attend class.
Treasure Checklist

You can win a free Visa gift card by participating in the selfie challenge below!

1. I visited the multicultural leader in my academic college.
2. I attended the Student Involvement Fair on Monday, August 22, from 11:00 a.m. to 4:00 p.m. on the HUB lawn.
3. I took a selfie with my MRC counselor.
4. I took a picture at every office highlighted in the *Penn State Treasure*.
5. I took a picture on the Lion Shrine with a copy of the *Penn State Treasure*.

The first five students with all selfies will receive a $15.00 Visa gift card, courtesy of the Multicultural Resource Center.