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FEBRUARY. 2021

# BRIDGE Newsletter

**BRIDGE**  
A Diversity Action Alliance



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## NOTE FROM THE STEERING COMMITTEE

COVID continues to pose difficulties. Maintaining your own needs is particularly important, so this newsletter will be dedicated to providing updates as well as fostering well-being all around!

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FEBRUARY 2021

# Recruitment

BRIDGE worked with OJEEP to provide waivers to applicants. Collectively we provided 50 waivers (31 paid for by BRIDGE and 19 by OJEEP). Additionally, BRIDGE presented at each of the area's recruitment days where we had a chance to introduce our initiatives and goals as a team. To follow-up and give prospective students a chance to further get to know our program, we are planning graduate student panels that highlight the following identities:

- Students of color
- Queer students
- International students
- First-Generation students

If you identify as any of the groups above and would be interested in serving on a panel, let us know:

<https://forms.gle/RfD1w9eyE48brXfQ8>

# Affinity Groups

We plan to continue with affinity groups this semester as well! Our Students of Color and Queer Student affinity groups have been going strong. In addition, we plan to start an International Student affinity group this semester as well!

If there is interest in starting a first-generation student affinity group, email Esha at [eqv5046@psu.edu](mailto:eqv5046@psu.edu). She would be happy to start something up if there is interest.

# Supporting Black Organizations and Students

As we all know, there have been several horrendous and racist "zoom bombings" that have occurred recently, targeting BIPOC organizations and groups. The Black Caucus leaders released the image below about how individuals and groups can show support.

BRIDGE plans to continue evaluating how our group can continue to align and support other student organizations as well as students of color through these horrible racist acts.

PENN STATE BLACK CAUCUS

## HOW TO SHOW SUPPORT



**DONATE TO:**  
[RAISE.PSU.EDU/BLACKCAUCUS](https://raise.psu.edu/blackcaucus)

**SHARE OUR MESSAGE WIDELY**

**DISCUSS WHAT HAPPENED IN YOUR CLASS**

**WORK TO MAKE YOUR ORG ANTI-RACIST**

**SHOW UP FOR BLACK STUDENTS**

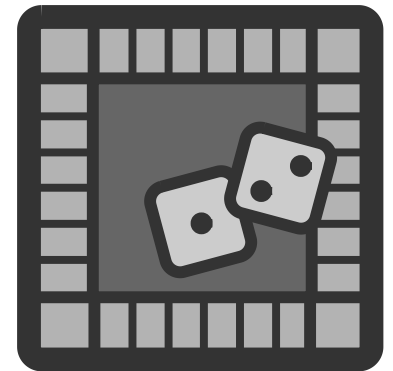
**HOLD YOUR LEADERS ACCOUNTABLE FOR CHANGE**

[BLACKCAUCUS.WIXSITE.COM/PENNSTATE/SUPPORT](https://blackcaucus.wixsite.com/pennstate/support)

# Social Updates

Mark your Calendars for a few social events coming up!

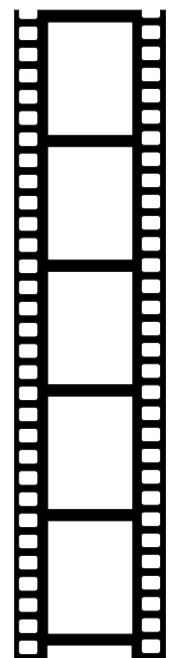
- March 19th Virtual Game Night (Time TBD)
  - Come and join us for a fun and light night of games such as Pictionary, Trivia, Scattagories, and more! Feel free to suggest games :)
- April 17th Social-Distanced Dog Walk (Time TBD)
  - Bring your dog (or come and pet a dog) and spend some time outside while being socially distant



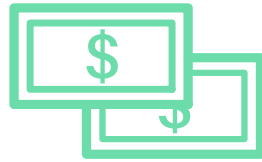
Are you interested in possibly having a virtual Movie Watch Party for the movie Minari?

We're trying to gauge interest so let us know with a quick poll:

<https://forms.gle/Gcb5opdjgUG4kShy8>



# Money, money, money



Finances can be difficult, however, if you are making a graduate stipend and living through the complications of a pandemic, things can be even tougher. A few resources available at Penn State could potentially ease some of the stress.

- Meet up with finances and life skills educators to discuss your personal questions and financial concerns! All Penn State students have access to this: <https://financialliteracy.psu.edu/>
- Interested in learning more at your own pace? Self-study modules are available based on topics such as budgeting, student loans, and investing: <https://financialliteracy.psu.edu/self-study-modules/>
- If you make less than \$56,000, you are eligible to have Business and Law students help in completing your taxes! This is accessible to US citizens and international students: <http://www.psuvida.org/>
- There are additional resources for international students completing their taxes as well: <https://global.psu.edu/article/taxes-international-students>
- If you're interested in investing, here is a really cool resource that puts together comparison statistics of several options: <https://www.morningstar.com/>



# What even is "self-care"?

Dr. Jordan Cummings presented a talk recently at the clinical area's Grand Rounds and discussed the importance of self-care. It looks different for everyone and usually feels best when they align with your values. Do you particularly value alone time? Social company? Creativity? Family? Maintaining activities that match your values can help greatly through the intense workload.

Dr. Jordan Cummings has several pieces on her website to look through like this one: <https://www.teachmeselfcare.com/6-reasons-traditional-self-care-practices-dont-work/>

Here's a preview of the article:

1. We aren't taught how to do self-care.
  - a. *And that's why it can be so hard to do and find time for!*
2. A checklist approach to self-care doesn't allow us all to be different.
  - a. *We can't make self-care feel like just another thing to check off.*
3. Soothing and self-care are not the same things.
  - a. *And we need both!*
4. Self-care doesn't always feel good.
  - a. *Sometimes self-care is organizing bills (see the previous page!)*
5. Sustainable self-care cannot be grounded in a fear of negative consequences.
  - a. *You have enough "shoulds" in other spaces, no need to make this one*
6. It's really hard to do self-care without the support of like-minded others.
  - a. *It's so helpful to support and promote others in their own self-care*