
MARCH 2021

BRIDGE Newsletter

BRIDGE
A Diversity Action Alliance



**NOTE FROM THE
STEERING
COMMITTEE**

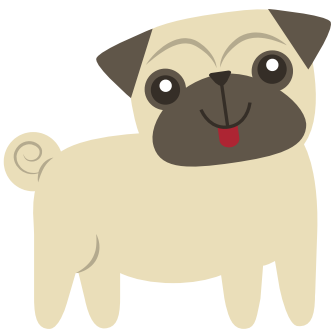
We are in the home stretch! With one month left of the semester, we may be in the middle of some incredibly busy weeks. Check out our newsletter to get updates and information on events we are hosting. We hope we can get together a few more times together and help support each other through the semester!

Events

April 6th at 5:30 PM - Join us for a Nutrition and Sleep workshop led by a registered nutritionist! We hope graduate students can leave with practical tips and ideas to promote wellness. Just in time for our wellness day!



April 17th at 2:00 - 4:00 PM at Tudek Park in State College, PA - Whether you have a dog or not, everyone is welcome to our Park Hangout/Dog Party. We will follow social distancing and safety precautions! We will send a reminder a week before so everyone can get your pups ready :).



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Events

GADI & BRIDGE

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SCAVENGER HUNT

APRIL 12 - 18

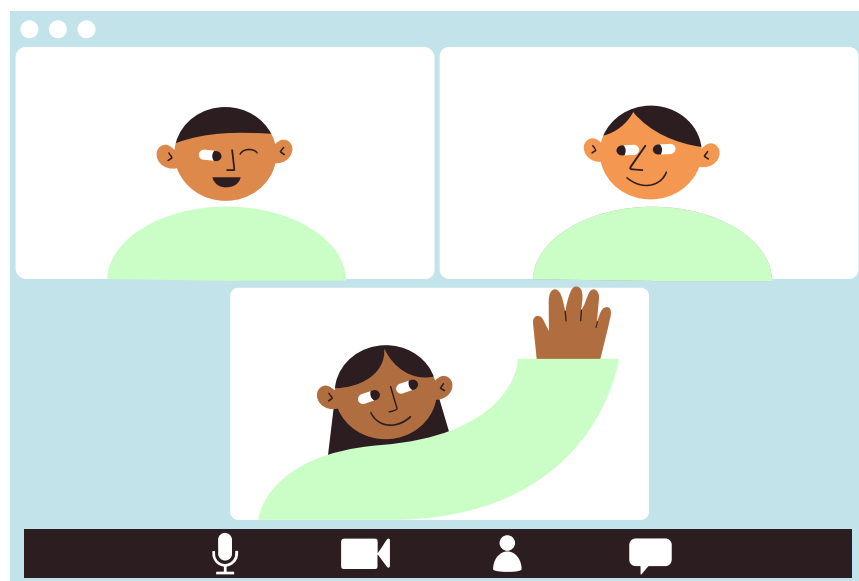
Come explore campus and build community with GADI & BRIDGE Diversity Alliance! Check out campus landmarks, learn about diversity resources on campus, and get to know other grad students! First place team wins a prize!

Sign up as a team (max 5 people) or individually by **April 9**
<http://bit.ly/SCAVENGERHUNTPSU>

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Events

Alumni Mixer (May 2021, exact TBD!)- We are planning a virtual event sometime in May to connect with BRIDGE alumni. We will get a chance to network/catch up with professionals that were once in our shoes! More will come out soon but for now, feel free to email eqv@5046@psu if you have any thoughts or ideas to contribute.



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Supporting Black Organizations and Students

To update everyone, we wrote a letter to extend our support to the Black Caucus leaders.

Dear Ms. Holland and Members of the Black Caucus,

I met you in September 2020, when we served together on a university-sponsored roundtable discussion (What will be the new normal? A conversation with Penn State students, faculty, and staff of color. I remember quite vividly how you (and others) shared painful stories about your life as a woman of color, stories that unfortunately are frequent parts of the personal histories of people of color. My home department (psychology) has a group called the BRIDGE Diversity Alliance, which is a group of graduate students, faculty, and staff within the department whose work focuses on advancing diversity, equity, and inclusion. After the horrendous “zoom bombing” that the Black Caucus endured in February this year, BRIDGE wanted to reach out and extend our support to you and the other members of the Black Caucus for these hateful and racist actions. At the same time, we were mindful of the need to listen and reflect on how best to do this.

Thank you for distributing the guide with concrete actions to better support the Black Caucus. We have disseminated it widely and have begun taking active steps to work on these action items locally. BRIDGE is dedicated to promoting and advancing change and we know that pushing the boulder up the hill can be a little easier when you are not pushing alone. Therefore, we want you and the members of the Black Caucus to know that we are also committed to shining a light on these problems that tarnish our campus and to advocating for much needed change.

We recognize that words cannot undo the damage that these events cause. We hope there is solace in knowing that we are working diligently on our end to consider how we can create or direct resources within the Psychology Department (e.g., leveraging our Psychology Clinic to provide greater support) to help provide a local system of support in the aftermath of events like these. We are also working to bring increased awareness and implement solutions to address more common and pervasive microaggressions that take place within our department and other departments that ultimately contribute to a hostile and unsafe space for students of color. As we work to confront the same injustices that pervade our campus from different angles, we welcome the opportunity to work collaboratively with the Black Caucus to support you in whatever manner you need.

In Solidarity,
Jose Soto and the Psychology Department BRIDGE Diversity Alliance

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BRIDGE COVID-19 "Buddy" System

In response to COVID-19 related xenophobia and a rise in anti-Asian sentiments and hate crimes, BRIDGE is organizing a sign-up sheet to facilitate a pairing process between those who need help and those who are willing to help in the following ways:

- Groceries and shopping for necessities
- Providing a buddy for walks or exercise (either while maintaining social distancing, or through a virtual walk by video-chatting)
- Assisting with reporting racist incidents (process requisite paperwork, answer follow-up questions) – support individuals will be trained to help navigate this process



To request: <https://tinyurl.com/BRIDGEcovidrequest>

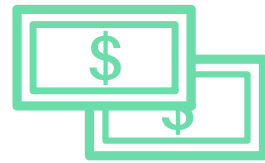
To volunteer: <https://tinyurl.com/BRIDGEcovidsupport>

If you have any questions, comments or concerns, please contact Natalia Van Doren (nataliavandoren@gmail.com).

To reduce the barriers in having to ask, we may begin having slots where buddies go to grocery stores (and alternate so it isn't too much on any single person.) That way, any person feeling like they may need support can just join along instead of feel like they need to ask and schedule with someone. Buddies can stay tuned for this! All are welcome to suggest ideas and feedback as well.

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Financial Resources



Anna on the Steering Committee put together a list of resources for anyone that may be struggling financially. Here is a link:

<http://bit.ly/PSUfinancialresources>

If there are any additional resources you can think of, please share with us at eqv5046@psu.edu!

BRIDGE Impact Awards

The BRIDGE Impact Awards are intended to recognize psychology faculty, staff, and graduate students who exhibit/support/advance the values of diversity and inclusion through their research, teaching, or service within the department and beyond. We invite nominations (including self-nominations) that detail the contributions that make a nominee meritorious of this award. Nominees who have not been previously or otherwise recognized for their DEI contributions will be prioritized. Award recipients will be announced at the end-of-year departmental celebration.

Please submit nominations by completing the nomination form that was circulated and emailing it to **Emily Slimak at eas5484@psu.edu by 5pm on Monday, April 12.**

