



CULTURAL AND
COMMUNITY CENTERS
VIRGINIA TECH™



El Centro

[Visit our official website!](#)

[University COVID-19 Updates Page](#)

[Instagram](#)

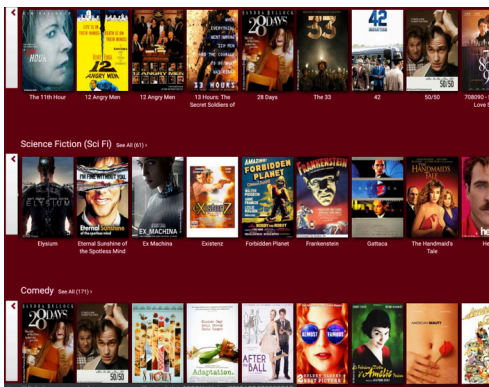
[Twitter](#)

**GOOD
LUCK
ON**



Finals!

Some cool free resources to check out!



Digital Movies

Check out this database offered by the University Libraries. It has thousands of movies to watch during this quarantine! Why pay for Netflix!!

(must be logged in to VT account then select you are a "Student")

Link: <https://digitalcampus-swankmp-net.ezproxy.lib.vt.edu/vtc299211/#/digitalCampus/browse>

pronunciator
LANGUAGE LEARNING

Personalized Courses
Truly custom courses, created just for you

Main Course
A vast amount of structured drills, dialogues, lessons, movies, music, and more!

Learning Guides and more
Structured 8-week courses, city tours, grammar, and more!

Pronunciator Language Learning

Learn a new language! Hundreds of options to choose from!

Link: http://learning.pronunciator.com/getstarted.php?library_id=19277

Library Card # (Guest access) : 23159007497562

POPULAR Released 3 months ago
The Six Morning Habits of High Performers
How to Be Awesome at Your Job
Career development podcast hosted by Pete Mockaitis

POPULAR **THE SIX MORNING HABITS OF HIGH PERFORMERS**

Set a weekly goal
We'll help you track your progress and remind you to keep learning
[Set a goal](#)

In progress **Saved** From your org

Access: VBA
COURSE - 4h 36m 52s left

Learning Excel Online (Office 365)
COURSE - 43m 24s left

Trending now

COURSE Overcoming Imposter Syndrome By: Carolyn Goerner 32m	POPULAR PIZZA By: Julie Nisbet and Madecraft 1h 5m	POPULAR Being an Effective Team Member By: Daisy Lovelace 41m	POPULAR Learning Data Visualization By: Bill Shander 2h 10m
---	--	---	---

Learning Paths to help you succeed during times of change

14h	14h	15h	11h
-----	-----	-----	-----

Lynda Learning

Link: <https://onecampus.vt.edu/task/all/lynda>

Click the link then select "Start"

Learn Graphic Design, Animation, Photography, Web Design, Photoshop, Video Editing, Microsoft Excel, Access, Project Management, Finance/Accounting, programming languages, and many more!

(Must be logged in to VT account)



El Centro class of 2020 Video

Congrats class of 2020! This year we will not be doing the annual Gesta Latina, but we are trying our best to celebrate the seniors! Please send a picture of yourself with the following requirements and we will compile a video! **Submissions due Friday, May 15th at 5:00 pm** to **@El_Centro_VT** on Instagram!



Energizing Mindfulness

Join Hokie Wellness tomorrow May 13th from 11-11:30 am

Link https://virginiatech.zoom.us/meeting/register/tJlSfu2vrDlvEtWjD_2M8V6qusEB8GKCEWvz



Apply to be a part of the Hispanic College Institute

Interest meeting on Wednesday, May 18th @ 7:00 pm!

link: <https://docs.google.com/forms/d/e/1FAIpQLSfsr32YVmxPzMnuHf0aCsjdTksuy7tCHXd4mNUeo3QGpEErgA/viewform>

New Virtual Offerings: Hokie Wellness at Home

Welcome to **Hokie Wellness At Home!** New virtual workshops, connection sessions, and other wellness resources are added weekly to support the Virginia Tech community. **Click on the different topic areas below to explore all of the newest offerings.**

Mental Health	Unwind Offline	Financial Wellness
Nutrition	Mindfulness	Employee Wellness
Sleep	Sexual Health	Recovery Community
Quitting Nicotine	Body Image	Party Positive

Access #HokieWellnessAtHome Tips & Resources and Follow Our Social Media Campaigns

Virtual Offerings by Hokie Wellness:

Link: <https://hokiewellness.vt.edu/hokie-wellness-at-home.html>

CULTURE AND CONQUEST II LATIN AMERICAN EMPIRES

HIST 1224
PATHWAYS
FALL 2020
POLANCO@VT.EDU

This course exposes students to political and social structures in the Andes and Mesoamerica before the arrival of Europeans. Students will also explore the ways in which Spanish colonialism used warfare, forced labor, land disposition, and religion to alter indigenous societies in Latin America. More importantly, we will learn how Native peoples confronted the Spanish empire and negotiated their position in global affairs by using legal systems, rebelling, resisting, or partaking in Spanish avenues of power.



CLE 2, 3; PW3
DS1; W&S



Need an elective? Try HIST1224

In need in need of an elective or pathway? Check out Culture and Conquest Latin American Empires offered in the fall semester of 2020. This class will be taught by the one and only, Edward Polanco!

For any questions, email Edward Polanco at polanco@vt.edu.

CLE Area 2 and 3

Pathways 3

DS1; W & S

During a
crisis.



**Talk to people
you trust**

Think about reaching out to friends and family or your community.

You can speak to Cook Counseling Center through their tele-therapy services. Call (540)-231-6557 for a any time crisis consultation.

For new clients (non-emergency), call (540)-231-6557 to speak to a triage clinician to access a phone consultation.

Visit ucc.vt.edu for additional information.

Cook Counseling is still offering services

Think about reaching out to friends and family or your community.

You can speak to Cook Counseling Center through their tele-therapy services.

Call (540)-231-6557 for a any time crisis consultation.

For new clients (non-emergency), call (540)-231-6557 to speak to a triage clinician to access a phone consultation.

Visit ucc.vt.edu for additional information.



1. Andres Valeiras Memorial Scholarship in Engineering

*Need and merit-based scholarship seeking undergraduate students studying within the College of Engineering. Recipient shall maintain a GPA of 3.2 or above. This scholarship requires recipients to live in the Engineering Living Learning Community (Hypatia or Galileo) for their freshman year. If offered, you will receive an email with instructions on applying to the community.

*Link: <https://vt.academicworks.com/opportunities/18355>

* Due: 06/25/2020

2. James E. Turner, Jr. Minority Engineering Scholarship

* Scholarship seeking undergraduate or graduate students pursuing a degree within the College of Engineering.

*Link: <https://vt.academicworks.com/opportunities/18919>

* Due: 06/25/2020

3. A+D Annual Scholarship Fund

*Scholarship for students enrolled in the College of Architecture and Urban Sciences.

* Link <https://vt.academicworks.com/opportunities/19888>
*Due: 06/25/2020

4. A.H. & L.B. Teske Scholarship

*A scholarship seeking students enrolled in a Horticulture major.
*Link: <https://vt.academicworks.com/opportunities/21790>
*Due: 06/25/2020

5. Alice & Dan Pletta Scholarship

*An academic achievement-based scholarship for students majoring in Engineering Science and Mechanics.
* Link: <https://vt.academicworks.com/opportunities/18565>
*Due: 06/25/2020

6. Alice W. Johnson Endowed Scholarship in Science Education

*Awarded to a rising senior or graduate student in Virginia Tech's School of Education Science Education program. Preference will be given to students who demonstrate financial need and scholastic achievement. FAFSA must be completed in order to be eligible for this scholarship.
*Link: <https://vt.academicworks.com/opportunities/23077>
*Due: 06/25/2020

7. American Infrastructure Scholarship

*Merit-based scholarship seeking students enrolled in the Myers-Lawson School of Construction. Recipients will be chosen on the basis of academic merit and leadership potential.
* Link: <https://vt.academicworks.com/opportunities/19462>
*Due: 06/25/2020

8. Analee Marshall Memorial Scholarship

*Merit-based scholarship seeking out-of-state College of Agricultural and Life Sciences student majoring in Animal and Poultry Science with concentration in pre-veterinary studies.

*Link: <https://vt.academicworks.com/opportunities/20245>

*Due: 06/25/2020

9. Andrew C. Britton Memorial Scholarship

*This scholarship is available to undergraduate students who are majoring in Chemical Engineering within the College of Engineering at Virginia Tech.

*Link: <https://vt.academicworks.com/opportunities/23236>

10. Andrew E. "Tripp" McDavid Memorial Scholarship

Scholarship seeking students enrolled within the College of Engineering with first preference given to students majoring in the Department of **Civil Engineering**. Secondary consideration will be given to those students enrolled in Corps of Cadets.

Link: <https://vt.academicworks.com/opportunities/23239>

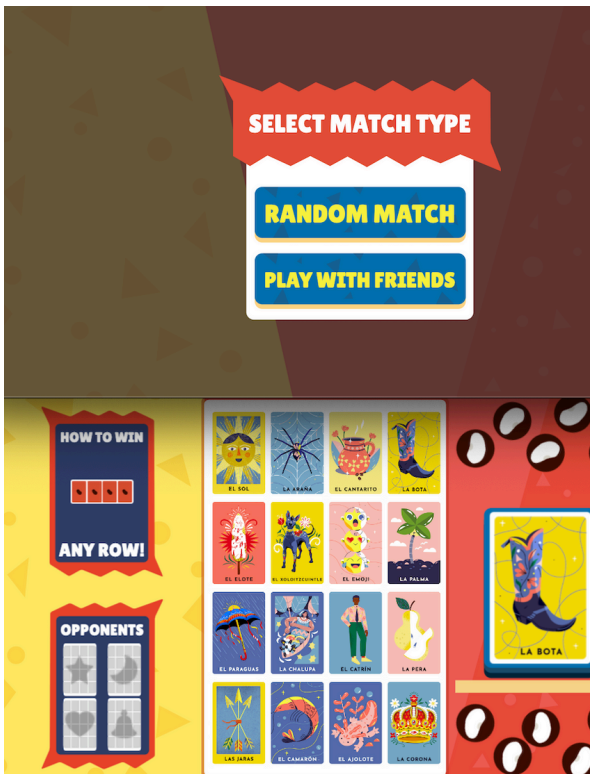
*Due: 06/25/2020

11. Ann N & Thomas N Hunnicutt, III CE Fellowship

Graduate Fellowship seeking students in Civil Engineering selected based on academic achievement, personal character, leadership qualities, and community service.

Link: <https://vt.academicworks.com/opportunities/18190>

*Due: 06/25/2020



Loteria!

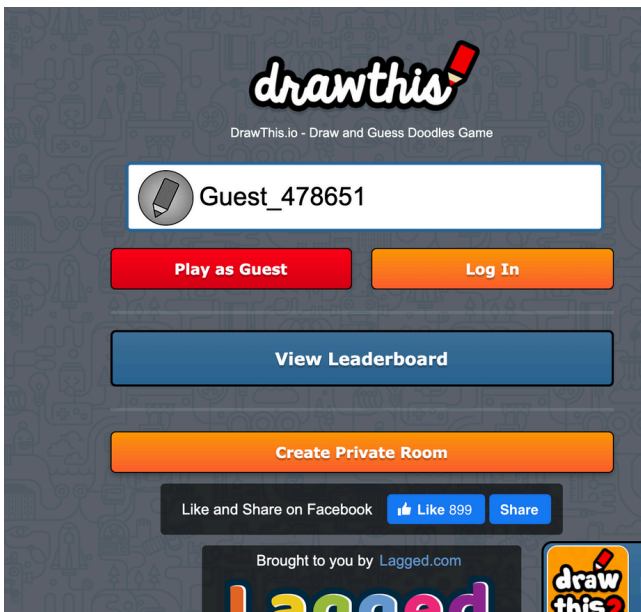
Link: <https://www.google.com/doodles/celebrating-loteria>

Click on the image of the cards and it will direct you to start playing! You can either randomly play or play with friends!



Skribbl

<https://skribbl.io/?Llh6mIT1AGL8>



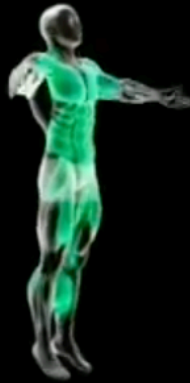
DrawThis

<https://lagged.com/io/drawthis>



FAT BURNING **HOME WORKOUT**

3 - 5 Rounds | 30 Sec Sets | 1 Min Rest



BURPEES



TAP PUSH UPS



JUMP SQUATS



PLANKS



BAND CURL



SIT UPS



FULL BODY WORKOUT CHART



Core



Legs



Glutes



Triceps



Biceps



Back



Chest



Sit Ups



Lunges



Squats



Diamond Push Ups



Chin Ups



Pull Ups



Push Ups



Reverse Crunches



High Knees



Donkey Kicks



Dips



Bicep Extensions



Scapular Shrugs



Chest Expansions



Bicycles



Kicks



Bridges



Tricep Extensions



Wall Rows



Superman



Chest Squeezes



Flutter Kicks



Climbers



Tuck Jumps



Get Ups



Chair Rows



Back Lifts



Pike Push Ups



Leg Raises



Jump Ins



Punches



Elbow To Knee



Alternating Plank



Shoulder Taps



Planks



Step Ups



Side Leg Raises



Side Chops



Reverse Push Ups



Reverse Angles



Clap Push Ups

15 MINUTE ABS HOME WORKOUT

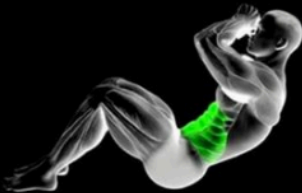
@THETRAININGMANUAL



90 Sec Rest
Between Sets



3 Rounds



SIT-UPS
35 Sec



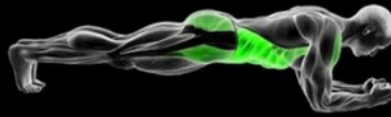
HOLLOW HOLD
35 Sec



TUCK CRUNCH
35 Sec



LEG RAISE
35 Sec



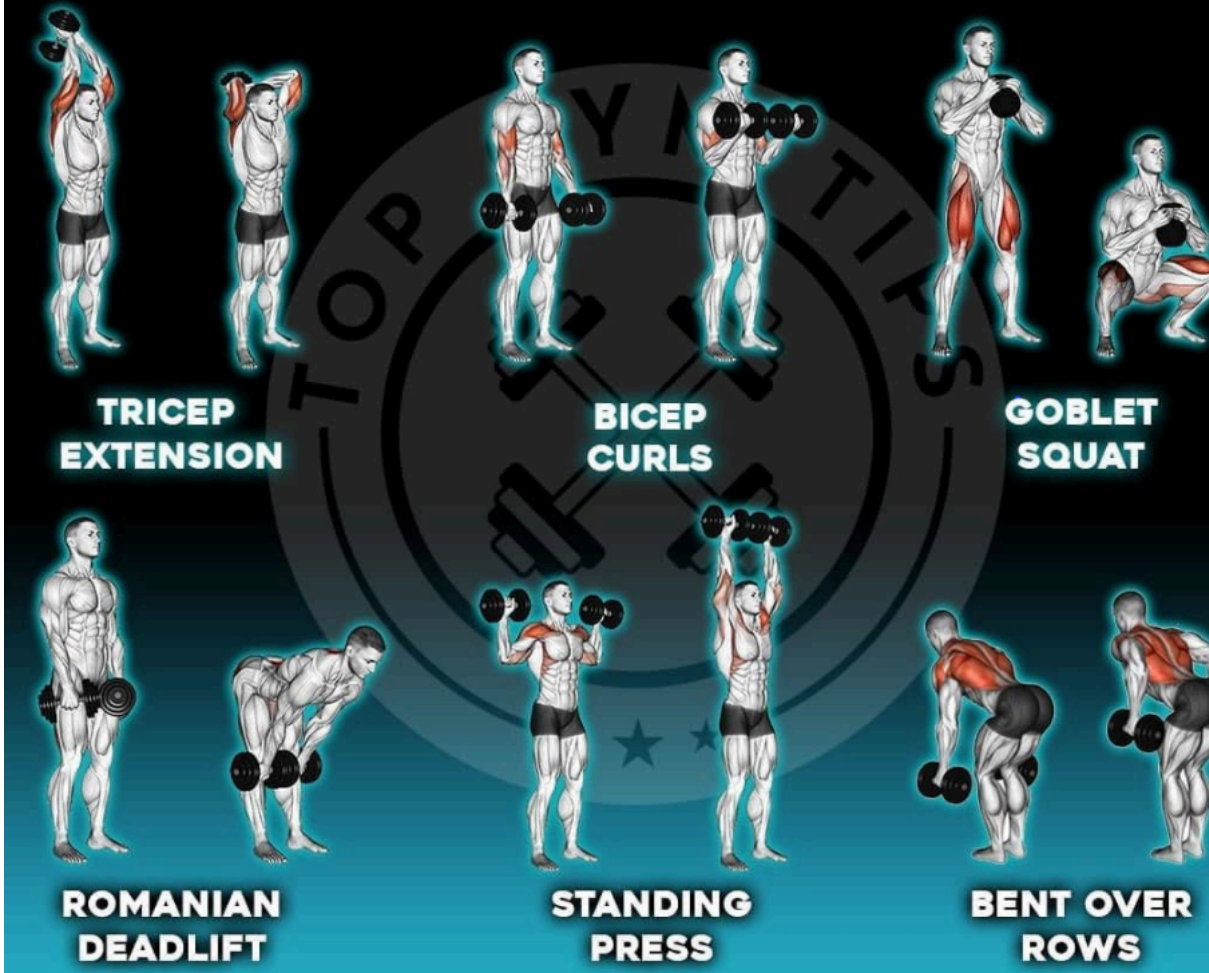
PLANK
35 Sec



PIKE SIT UP
35 Sec

QUARANTINE DUMBBELL WORKOUTS

@TOPGYMTIPS



Workouts without equipment

1. <https://www.youtube.com/watch?v=c5RmFuhMW3E>
2. <https://www.youtube.com/watch?v=JkVHrA5o23o>

3. <https://www.youtube.com/watch?v=CBWQGb4LyAM>
4. <https://www.youtube.com/watch?v=ml6cT4AZdqI>
5. <https://www.youtube.com/watch?v=f8GzCmbz6YY>
6. <https://www.youtube.com/watch?v=AnYI6Nk9GOA>
7. https://www.youtube.com/watch?v=gC_L9qAHVJ8



Blueberry Muffins

Blueberry Muffins

PDF to the

recipe: <https://drive.google.com/open?id=1t6lgWNdzb70QOCSEMW3RR2vEaCqqiJE4>

6-INGREDIENT CINNAMON



Cinamon Rolls

PDF of the

recipe: <https://drive.google.com/open?id=1V3fBQnkOsaVLWS5tfSjBTea4qUgPvyzw>



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Try to drink only water today	2 Organize a virtual game night
3 Write a thank you note to someone	4 Unfollow social media accounts that do not uplift you	5 Create a working budget that matches your income	6 Enroll in Kroger Community Rewards, or support a local organization	7 Take a walk	8 Surprise a loved one with a handmade card	9 Make a list of three things you are grateful for
10 Commit to a device-free evening	11 Set an annual reminder to check your credit report	12 Check on your neighbors; call or leave a kind note in their mailbox	13 Wake up 30 minutes early	14 Host a virtual book club	15 Create a personal mantra	16 Create a mood-boosting playlist
17 Set a financial goal and outline the steps to reach it	18 Support a local business	19 Drink less caffeine today	20 Create a virtual mixtape for a friend	21 Volunteer virtually! Here are some ideas	22 Try a free meditation on the Headspace or Calm app	23 Review your bank statement and cancel unused subscriptions
24 Experiment with a new recipe	25 Watch a movie with a loved one on Netflix Party	26 Use items you have at home to create a vision board	27 Take a warm bath before bed	28 Review your mobile phone plan and shop around for cheaper options	29 Try an online workout, or create your own with items you have at home	30 Organize an essential need swap (using proper precautions)
31 Greet someone with a warm smile and wave	Congrats! You made it through May. For more ways to stay well throughout the year, visit: https://www.hokiewellness.vt.edu					

MAY 2020

DAILY WELLNESS CHALLENGE





Have a great rest of your week and stay safe!