



CULTURAL AND
COMMUNITY CENTERS
VIRGINIA TECH.™



El Centro

[Visit our Website!](#)

HAPPY
LAST WEEK OF CLASSES!

May you have a pleasant day
full of love and laughter.



**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



HIST 1224

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



Wake Up With Cook

* Are you struggling to work on assignments or study for exams?

Is the lack of structure that comes with online learning making it hard to feel motivated?



Scan to RSVP

Join us for Wake Up With Cook and build some structure into your day. Connect with peers and learn what they are doing to manage distractions and stay motivated through the end of the semester.

Every Monday and Wednesday 9 — 9:30am

April 20 — May 11, 2020

Wake Up With Cook

Who: Cook Counseling

Where: Zoom (virtual)

When: Every Monday and Wednesday from 9:00 -9:30 am from April 20th - May 11th

COVID-19 CONNECTION SESSIONS



Virtual space for students to connect with others, provide and receive support, and share personal feelings, experiences, and coping strategies with fellow Hokies during this time of possible stress and isolation. Therapy dogs may also participate in some sessions.

This meeting is not a therapy group and does not constitute a substitute for mental health treatment. In the event of a mental health emergency or if you or someone you know is in immediate danger to themselves or someone else, call the Cook Counseling Center at 540-231-6557 any time.

To RSVP, scan QR code or go to the following link:
<http://ow.ly/8yFI50zb4np>



EVERY WEEKDAY 2-3PM
APRIL 13-MAY 6



STUDENT AFFAIRS
VIRGINIA TECH.



COVID-19 Connection Sessions

Who: Cook Counseling

Where: Zoom (virtual)

When: Weekday from 2:00 -3:00 pm
from April 13th - May 6th

SOAR SIT-DOWN

NEW TOPIC
EVERY FRIDAY

JOIN
US ON
IG LIVE

FRIDAY
AT 12P

FOLLOW US ON
INSTAGRAM
@SOAR_V

SOAR
STUDENT OPPORTUNITIES &
ACCOMPLISHMENT RESOURCES PROGRAM
VIRGINIA POLYTECHNIC INSTITUTE

LIVE!

SOAR Sit-Downs

What: Virtual Sit-downs

Who: SOAR

Where: Virtual

When: Every Friday's at 12:00 pm

EL CENTRO FACULTY FELLOW:

**DESIREE
POETS**

Holding virtual office hours by
appointment!
email: dpoets@vt.edu

El Centro Faculty Fellow:

What: Faculty Fellows are here to support El Centro in bringing visibility to Virginia Tech's and the local Latinx community and in enhancing your student experience at Virginia Tech. Most and foremost, they are here to advise and support you. Dr. Desiree Poets is El Centro's 2019-2020 Faculty Fellow. Born and raised in Rio de Janeiro, Brazil, she is currently an Assistant Professor in the Department of Political Science.

Who: Desiree Poets

Where: Zoom (virtual)

When: By appointment.

Email dpoets@vt.edu to schedule.

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.

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**STRUGGLING WITH
MOTIVATION?**

Are you struggling to motivate yourself to work on classes, finish assignments, or start on necessary tasks? Do things feel even more difficult with less structure and the move to online classes?

The "Missing Motivation? Moving Forward in a Time of Online Learning" Workshop will provide you with strategies and skills for managing these difficulties and barriers.

**STARTING APRIL 17, 2020
3:30PM-4:30PM**

Scan to RSVP

VT | STUDENT AFFAIRS
COOK COUNSEL
VIRGINIA TECH.

Struggling with Motivation? Join Cook Counseling for a chat!

Who: Cook Counseling

Where: Zoom (virtual)

When: Starting April 17th, 2020 from 3:30-4:30 pm



MISS THE HOUSE ?

WE GOT YOU !

VISIT US VIRTUALLY.

Mondays

Dr. Crasha Townsend

virginiatech.zoom.us/j/477785652

Meeting ID: 477 785 652

Wednesday

Benito Nieve

virginiatech.zoom.us/j/9425397

Meeting ID: 942 539 7

Tuesdays

Duston Scarborough

virginiatech.zoom.us/j/8942872198

Meeting ID: 894 287 2198

Thursday

Dr. Jamelle Simmon

virginiatech.zoom.us/j/5279962

Meeting ID: 527 996 2

3 P.M. - 5 P.M.

SOAR
WE ARE HERE TO SUPPORT STUDENTS



Go easy on yourself:

These aren't usual times; so don't expect yourself to readily and easily operate as normal. You may be grieving. You may be anxious about how "normalcy" returns. That is a healthy state of mind. This may be affecting your work ethic or energy level. Take it one moment at a time.



Trend set to reset:

Miss social interaction? Engage by being the trend setter. Start a Facebook group about a passion area or hobby you're particularly talented/ knowledgeable in. Launch a pet photo competition. Host a pajama Zoom dance party. Come up with a set of silly jeopardy questions and host a recorded game show contest.



Be responsible:

During this time, access to essentials may not be easy to come by. Take time to appreciate the privileges in your life: resources, shelter, and support from others. Take what you need, not what you can; and give back when able.



Seize (back) the day:

In a time where having work is a privilege, it's easy to think that taking sick days or mental health days is a no-go. Don't do that to yourself. Don't risk burnout or break down. Communicate your needs – to employers and to professors. If possible to do so, take the day to rest and recover.




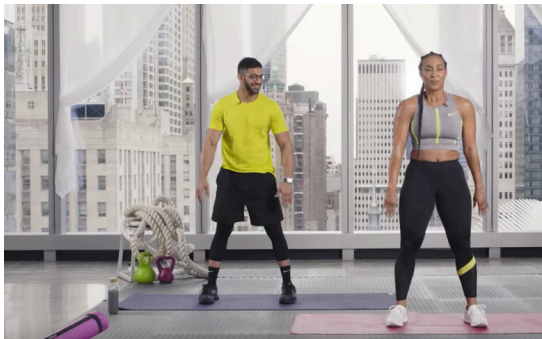
SOAR

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	<p style="text-align: center;">Congrats! You made it through May. For more ways to stay well throughout the year, visit: https://www.hokiewellness.vt.edu</p>					

MAY 2020

DAILY WELLNESS CHALLENGE





Want to work out but have no equipment?

We have you covered!

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

[Instagram](#)

[Twitter](#)

