




CULTURAL AND
COMMUNITY CENTERS
VIRGINIA TECH™

El Centro

[Visit our Website!](#)






A COLLABORATION WITH COOK COUNSELING, EL CENTRO AND LASO:


Managing Overwhelm and Lack of motivation

Join us for a discussion/supportive space to talk about reactions to COVID-19. Erica Coates and Arlene Gerardo will facilitate the conversation and give any tips or resources that seem relevant!

Friday May 1st at 12:00 pm
Zoom Link: 492-633-4126



COOK COUNSELING CENTER VIRGINIA TECH LASO



Managing Overwhelm and Lack of Motivation

What: A collaboration with Cook Counseling Center, El Centro, and LASO about how to stay motivated during these odd times.

Who: Erica Coates and Arlene Gerardo

Where: Zoom (virtual)

When: Friday, May 1st, 2020

Zoom Link: 492-633-4126



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.

SOAR SIT-DOWN

NEW TOPIC
EVERY FRIDAY

JOIN
US ON
IG LIVE

FRIDAY
AT 12P

FOLLOW US ON
INSTAGRAM
@SOAR_V

SOAR
STUDENT OPPORTUNITIES &
ACHIEVEMENT 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

A poster for 'Virtual Global Connect' featuring a laptop with a globe and a plant growing from it. The text includes the event title, a description of the support group, a QR code for RSVP, and the dates and times of the sessions. Logos for VT Student Affairs and the International Center are at the bottom.

**VIRTUAL
GLOBAL CONNECT**
Support Group for International Students

Need a Study break? Feeling isolated or lonely?
Join us to stay connected with other VT international students



<- Scan to RSVP

April 21st & April 28th 3:30-4:30pm

Cooking Counseling X Cranwell International Center



Virtual Global Connect

What: Support for international students

Who: Student Affairs & Cranwell International Center

Where: Virtual

When: April 28th from 3:30-4:30 pm

**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

**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.

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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.



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



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



Have a great rest of your week and stay safe!

-El Centro