



El Centro

[Visit our Website!](#)



Gesta Latina Updates:

Hello!

El Centro will be putting together a **video montage** of the graduating seniors from the community. And we need your help!!



If you would like to be featured in this video, please answer the [survey](#) below. If you are not interested, please let us know what your plans are for commencement (football game, May 2021 commencement, etc).

Submissions will be due on **May 3, 2020 at 11:59PM**

Although the on-campus Cultural Achievement Ceremonies have been cancelled, we are exploring all options for rescheduling these ceremonies that are so special to you and your communities. Below are some options that have been discussed:

- September cultural achievement ceremony
- December cultural achievement ceremony (around fall commencement)

If you have any suggestions, please leave them below!

If you have any questions or concerns, feel free to reach out to Veronica Montes vmontes@vt.edu

Other receptions:

[Aliyah Reception](#)

[American Indian and Indigenous Ceremony](#)

[Asian American Achievement Reception](#)

[Donning of the Kente](#)

[First Generation Reception](#)

[Gesta Latina Ceremony](#)

[International Student Achievement Ceremony](#)

[Muslim Student Reception](#)

[Students in Recovery Reception](#)

[Veteran Reception](#)



Gesta Latina 2020

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The name and photo associated with your Google account will be recorded when you upload files and submit this form.

This form is automatically collecting email addresses for Virginia Tech users. [Change settings](#)



LASO Application STILL Open!

LASO
Application
e-board for
2020-2021
year open

The **Latino Association of Student Organizations** is the umbrella organization encompassing all the Latinx student organizations at Virginia Tech.

LASO sponsors large venue entertainment and educational programs focused on Latinx culture that unites the Latino organizations, community, and promotes awareness and knowledge to the general campus community.

We also address, support, and promote the issues and concerns of the Latinx community and the Latinx students. The Latinx community is growing at Virginia Tech and **LASO** takes pride in making the Latinx voice heard at Virginia Tech.

By coordinating events with its constituents, **LASO** ensures that the Latinx community's presence is felt on campus.

Do you want to enhance your leadership skills and be a part of an amazing organization? **APPLY TO LASO!**

Deadline EXTENDED- April 22th, 2020!

https://docs.google.com/forms/d/1zC7_B2V4d6WauxCVPxAsxDNoEo43PdsFWueLRQC3QbM/edit



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-DOWNS

NEW TOPIC
EVERY FRIDAY

JOIN
US ON
IG LIVE

FRIDAYS
AT 12PM

FOLLOW US ON
INSTAGRAM
[@SOAR_VT](#)

SOAR
STUDENT OPPORTUNITIES &
ACHIEVEMENT RESOURCES PROGRAM
UNIVERSITY OF VERMONT

LIVE!

The graphic features a collage of three photos of students. The top photo shows a student holding a sign that says "I Won't Quit!". The middle photo shows a student holding a sign that says "Together We Stand!". The bottom photo shows a student wearing a "HOKIES HOKIES" shirt. The background is orange and maroon with wavy lines at the top and bottom.

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, the dates and times, and the organizing department.

**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 21st & 28th from 3:30-4:30 pm

WE AFFIRM
Principles of Community Week
2020

VT CULTURAL AND COMMUNITY CENTERS
VIRGINIA TECH

Asian Pacific Islander Desi American Heritage Month
(APIDAHM) Presents:

APIDAs & Rape Culture

Hosted by the Asian Cultural Engagement Center

APRIL 30, 2020
5:00 PM TO 6:30 PM
REGISTER IN ADVANCE:
[HTTPS://VIRINIATECH.ZOOM.US/MEETING/REGISTER/TJDU-QQZMVETCGQXT_AXUBGBKUZJ9QEPLI](https://viriniatech.zoom.us/meeting/register/tJDU-QQZMVETCGQXT_AXUBGBKUZJ9QEPLI)

Contact Dr. Nina Ha at nha@vt.edu for accommodations or questions

Featuring:
VT Lambda Phi Epsilon // VT alpha Kappa Delta Phi // VT Sigma Psi

SPONSORED BY:
OFFICE FOR EQUITY AND ACCESSIBILITY
WOMEN'S RESOURCE CENTER OF NEW RIVER VALLEY

VT STUDENT AFFAIRS
COOK COUNSELING CENTER
VIRGINIA TECH

25
YEARS
1954-2020

VT HOKIE WELLN
VIRGINIA TECH

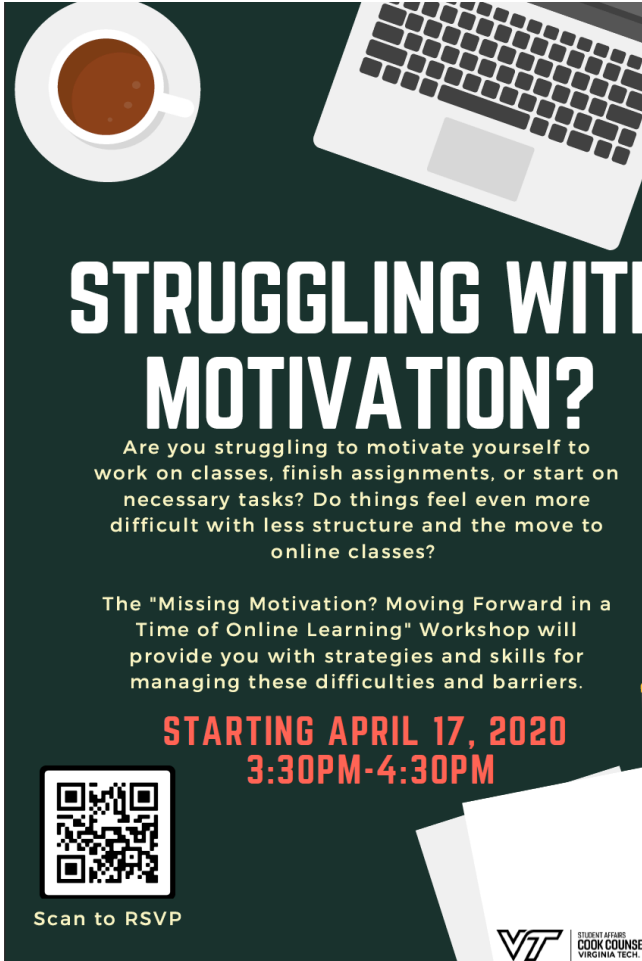
APIDA's & Rape Culture

What: Support for international students

Who: Asian Culture Engagement Center

Where: Virtual- Zoom

When: April 30th, 2020 from 5:00 pm to 6:30 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

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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 and the Latino Association of Student Organizations (L.A.S.O).