



El Centro



Gesta Latina Updates:

EL CENTRO UPDATE

Hola a todos!! I hope this message finds you healthy, happy, and adjusting to these new ways of personal and academic responsibilities. If there is anything that El Centro can do to support you, please let me know. We are here for you!!

-Veronica Montes vmontes@vt.edu

2020 GESTA LATINA ACHIEVEMENT CEREMONY

We are currently working to figure out what Gesta Latina Achievement Ceremony will look like and when it will take place. If you are an eligible graduating senior, please complete this survey <https://forms.gle/1ao3fLF72EnrU74S9> and help us better recognize and celebrate you!

If you need to register for other ceremonies, these are the ones that are celebrated, you can click on the links below:

[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](#)



LASO Application 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- April 20th, 2020!


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

STRUGGLING WITH MOTIVATION

Are you struggling to motivate yourself to work on classes, finish assignments, or complete necessary tasks? Do things that seem difficult with less structure and support in online classes?

The "Missing Motivation? Moving Forward in the Time of Online Learning" Webinar will provide you with strategies for managing these difficulties.

**STARTING APRIL 17TH
3:30PM-4:30PM**



Scan to RSVP


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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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.

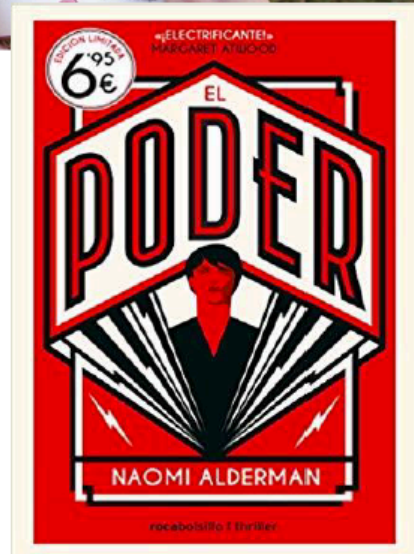


Comunidad Book Club

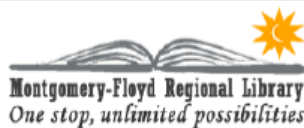
If you're a part of the community and you speak Spanish, this book club is for you!

*11 a.m. every third Saturday of the month
February 15 - July 18*

Meetings will now be held on Zoom:
<https://viriniatech.zoom.us/j/743506681>



More information at:
<http://bit.ly/2EL1HvV>



IN PARTNERSHIP WITH:
University Libraries at Virginia Tech, REFORMA, El Centro at Virginia Tech, and the Virginia Tech Latino Association of Student Organizations





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).