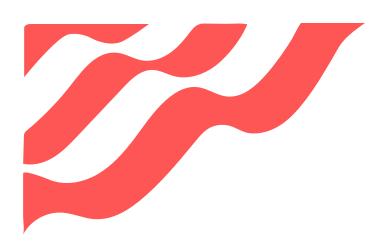
## RESOURCE \*GUIDE \*

FOR STUDENTS

vote.fsu.edu





The 2020 election has brought about a number of different feelings and emotions for each of us. On Election Day, and in the days to follow, you may find yourself wondering what is happening or conflicted about how you feel. Here are some resources to help you navigate the outcome of the 2020 Election.



### PROTECT YOUR VOTE

### STAY UPDATED ON ELECTION RESULTS

- ★ Track your ballot if you voted by mail
  - Leon County

  - State of Florida Resource by State
- ★ If you have questions or concerns about anything that occurred when you voted, you can file your concerns by calling 866-OUR-VOTE or visiting https://866ourvote.org
- \* Rely on credible sources of information. Our election officials are working around the clock to ensure every vote is counted. Stay up to date on what they know leading up to and beyond Election Day.
  - Florida Election Watch provides live results from the Florida Division of Elections, including frequently asked questions and explanations for the timeline of official election results certification):

### https://floridaelectionwatch.gov

• You can find all necessary information about your local election officials as well as any relevant voter information in the

### **Election Official Directory.**

• Get updates in real time from election officials on Twitter

**Leon County Supervisor of Elections – Mark Earley** Secretary of State (FL) - Laurel M. Lee Not a Florida voter? Find your election official on Twitter.

## KNOW HOWTO NOTICE

MISINFORMATION & DISINFORMATION

- ★ Fact-Checking is an important part of ensuring the information you receive (whether on social media or through news sources) is as accurate as possible
  - Take the time to verify your sources at <a href="https://www.factcheck.org">https://www.factcheck.org</a>
- ★ It can be difficult to know how to spot when sources are not credible.
  Check out this quick guide on how to detect misinformation.
- ★ Many of us think news is inherently unbiased, but this just isn't the case. If you want to be as informed as possible, you need to know what all sides are saying.
  - https://www.allsides.com/unbiased-balanced-news

### PREPARE FOR DELAYED ELECTION

- **RESULTS**
- ★ With the Covid-19 pandemic still gripping the nation, a record number of people are voting by mail to remain safe. This, partnered with high voter turnout, may result in delayed results on November 3. Add the complexities of the electoral college process, and things can get a bit confusing. When looking for some clarity, here are a few places you can go to understand the importance of our democratic process and the procedures that must be followed in determining the outcome of an election.
  - Democracy for President offers data driven and unbiased information on some of the most pressing questions around the electoral process
  - What's the Delay? Provides an in-depth look at what might cause a delayed decision on this year's election
  - Election Taskforce outlines exactly how the Electoral College process work

# CREATE TIME & SPACE

TO PROCESS WHAT IS HAPPENING

- ★ Consider journaling about how you are feeling. Here are some suggested reflection prompts that may help you get started:
  - How am I feeling?
  - What fears/excitements do I have about the coming days/weeks/years?
  - What do I find reassuring? What do I find unsettling?
  - What can I do right now to help myself feel better?
  - What brings me comfort?
- ★ Find inner calm and help unravel your complex thoughts by visiting the FSU Labyrinth.
- ★ Share how you are feeling with trusted confidents, friends, or family. It is okay to acknowledge any fears, anxieties, excitement or disappointment you may be feeling.
- ★ If you are experiencing distress or would rather talk to a professional, remember that the FSU Counseling Center takes drop-in clients and has extended capacity following the election. Call 850-644-TALK.



### THAT DON'T ALIGNESULTS THANDLING RESULTS

WITH YOUR VALUES/BELIEFS

- ★ Find confidence that your beliefs and viewpoints are your own and are valid regardless of the outcome of an election.
- ★ Recognize that multiple viewpoints and perspectives are the very fabric of our American democracy.
- ★ Remember that even those who disagree with us deserve to be treated with respect and dignity.



While we know this document is not an exhaustive list, we hope the included resources will help you navigate the coming days and weeks. For additional resources, programs, and guidance, visit vote.fsu.edu for post-election support.



