COPING WITH COVID:
TIPS FOR COLLEGE STUDENTS

Navigating COVID Anxiety

This section of resources are centered around strategies that can help ease your anxiety about changes in college/university norms due to COVID, as well as post-graduation tips, and mental health resources.

Remote Workout Activities

o Physical activity is key. Whether you do an online workout, take a walk or a quick stretch, getting your body moving even the slightest bit is important. It is easy to get stuck at our desk or in front of our screens all day while in class or a meeting so make sure you get up and move around when you can.

o You can find free online workouts at Gold's Gym and YouTube. Just type in something you're interested in such as "yoga for beginners" or "cardio workouts with no equipment". There are even chair workouts and stretches that can be done throughout your day!

Graduation and Post-graduation Advice

o Utilize networking and professional social media sites such as LinkedIn and Handshake to gain access to thousands of employers that are looking for interns, full-time employees, and more.

o Check out your university's career and/or professional development resources. Most schools have an office or staff member who is responsible for providing students with employment assistance.

o Remember that everyone's educational path isn't the same. Post-grad depression and anxiety does exist, so remember to give yourself kindness, rest, and patience as you transition out of school. This article by Choosing Therapy provides great insight on how to cope with some common post-graduation stressors.

Managing Your Mental Health

o **Mental Health America, Inc. (MHA):** In a series of blogs and informational resource guides, MHA has developed a collection of relevant articles that cover a range of topics related to the COVID-19 pandemic, to include wellness and coping, advice for frontline

o workers, information describing how to address existing mental health concerns in times of crisis, caregiving/parenting resources, mental health screening tools, and resources for BIPOC and LGBTQIA+ communities.

o **National Alliance on Mental Illness (NAMI):** The National Alliance on Mental Illness **(**NAMI) has provided a thorough COVID-19 resource guide that offers information on a plethora of topics including general information about the pandemic, mental and physical health concerns that may arise as a result of the pandemic, information on the vaccine, and resources for those looking to pursue mental health treatment.

o Mental health services: Many universities and clinicians in private practice are offering virtual telehealth appointments for therapy. Psychology Today has a resource tool that can help with finding a therapist that meets the criteria for a therapist that you are looking for such as areas of expertise, experience, and race.

o Boris Lawrence Henson Foundation: The Boris Lawrence Henson Foundation offers free youth and young adult virtual support groups. Group description, facilitator, and contact information can be found within the listing.

o The Steve Fund provides a wealth of information to support the mental and emotional health of college students of color. They offer a free crisis line, webinars, blogs, and workshops for college students on mental health and well-being.

o Black Emotional and Mental Health Collective (BEAM): The mission of BEAM is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They offer a Black wellness directory, journal prompts, information on crisis hotlines across the country, and a variety of toolkits and resources.

o The Jed Foundation: The Jed Foundation provides lots of resources and information on mental health for young adults and tips specifically for college students.

o Press Pause: This online resource encourages students through the use of videos and blogs, to use simple mindfulness techniques like breathing exercises, meditation, perspective checks, music, and movement.

o Headspace This app provides opportunities to practice meditation and mindfulness techniques. There is a reduced student rate of $9.99/year.

Financial Resources

This section of resources provides information for students who may be experiencing financial stress. Use the resources below to help you manage your money during college and the postgraduate years.

- o **Candid Learning:** is a non-profit organization that focuses on spreading awareness about emergency financial resources that are available to those experiencing financial hardships as a result of the pandemic. Candid Learning also provides information about grant programs that are available for aspiring artists, individuals, nonprofit organizations, small businesses, and other cash assistance programs that are available throughout the country.

- o **Federal Emergency Management Agency (FEMA):** FEMA has developed a resource guide that provides information about financial support services and opportunities such as food assistance programs, economic resources for businesses and non-profit organizations, daycare/childcare services, and healthcare.

- o **USA Gov Official Guide to Government Information and Services:** The USA Gov website provides an overview of opportunities for financial assistance, COVID-19 rent assistance programs and mortgage relief, and available resources for food programs.

- o Cash Course: is a free, online educational resource designed specifically for college students. Created with input from real students and universities, CashCourse equips you with information that helps you make informed financial decisions, from orientation to graduation and beyond.

- o United Negro College Fund: The United Negro College Fund (UNCF) is the oldest organization in the United States that is dedicated solely to the educational advancement of African Americans

- o Financial Support: There are many grants and financial aid opportunities that have been released since the pandemic started. To find out available emergency grants at your school, Google "COVID Emergency Grants" plus your school's name. You can also contact your financial aid office as well to see what resources they can share.

Academic Success, Time Management, and Work-Life Balance

This section of resources provides information to support college students in implementing strategies to improve organization, time management, and work-life balance. Getting organized and managing time effectively can be very challenging for college students. Below are a few resources that may help.

Tips for Academic Success

o   **8 Tips to Stay Organized in College:** Whitney Sandoval of Best Colleges created a detailed guide centered around the following topics: 1) organization as a life skill, 2) organization to increase productivity, 3) scheduling, and 4) self-care.

o   **7 Tips to Increase Your Productivity as a Student:** The College of Adult Learning has outlined seven easy-to-follow steps to help college students boost their productivity. Dr. Ciera Graham of Best Colleges also created an interactive guide on productivity hacks for college students.

o   **Understanding and Overcoming Procrastination:** The McGraw Center for Teaching and Learning provides twelve steps to overcome procrastination. Some of their most notable suggestions include reflecting on the reasons why you procrastinate, altering your perspective, and achieving your goals and changing your habits.

Time Management

o   **Time management tips for busy college students:** Purdue Global University has highlighted several time management tips for college students. Tips include: 1) Identify time-wasters and set goals, 2) Plan ahead by creating a to-do list, 3) Tackle small tasks to start, 4) Only do one thing at a time, 5) Establish routines, 6) Use breaks wisely, 7) Take time off and 8) Learn to delegate.

o   **Time Management Strategies: Tips for balancing college and life:** Southern New Hampshire University created a resource page that provides helpful time management resources. This resource also includes testimonials from current and former college students who share their experiences successfully managing their time in school.

o   **9 Practical Time Management Tips for College-Bound Students:** Marymount University has an outline of nine easy-to-follow tips for managing time in college. Identifying effective time management strategies can help you have a more positive experience in college.

Work Life Balance

- **Balance College, Work, and Personal Life:** The Balance Careers created a blog that aims to assist students in creating balance between their personal and academic lives. The blog details the importance of reducing stress, creating balance, managing stress and general tips.

- **School-Life Balance:** The Student Assistance Program at Johns Hopkins University encourages their students to optimize their college experience and find balance between their many roles and responsibilities. The blog describes how having school-life balance positively impacts academics, relationships, work, and your success in getting accepted into a professional program. They also share tips for stress reduction, the risks of perfectionism, and managing conflict.

- **10 Tangible Tips to Balance Working Full-Time and Going to College:** Rasmussen University highlights the challenges college students face when working full-time due to the economic burden of earning an education. Check out their tips that college students can continue to use well into their professional careers.

- **Five Tips to Achieve Your Optimal Work-School-Life Balance:** Columbia University of Professional Studies created an easy-to-follow guide to help students maintain a healthy personal and professional life balance. Some of their tips include: 1) Reinforce your personal support system, 2) Lean on your professional contacts, and 5) Cut yourself some slack. Check out the link to learn more!

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