Academic and Personal Student Resources for COVID-19

This document contains resources that could be helpful to you as you navigate the COVID-19 pandemic, take online courses, and potentially move home.

- **Reliable Sources of Information about the Virus**
  - Michigan Tech COVID-19 Page
  - Centers for Disease Control COVID-19 Page
  - Michigan Department of Health and Human Services COVID-19 Page
  - World Health Organization COVID-19 Page

- **Coursework**
  - Staying on Track - Tips for the Move to Online Classes | Waino Waahtera Center for Student Success
  - Virtual Academic Success Coach Meetings
  - Maintaining a Schedule without Classes
    - The Best To-Do List App in 2020
    - The Best Time Tracking Apps in 2020
    - How to Stick to a Schedule When You Work From Home
  - Working from Home
    - How to Work from Home if You’ve Never Done It Before
    - 15 Ways to Stay Sane during This Crisis: One Doctor’s Thoughts
    - How to Work From Home
    - How to Maximize Productivity and Creativity While Working from Home
    - Tom and Martin Discuss Working from Home

- Taking Online Courses
  - 8 Strategies For Getting The Most Out Of An Online Class
  - Getting The Most Out Of Your eLearning Course: 10 Study Tips For Online Learners
  - 7 Rules for Online Etiquette

- Online Exams
  - How Online Exams Work: How to Be Successful in Online Test Taking; Online Exam Tips You'll Be Thankful For
  - How to Prepare for Exams Like A Pro: The Exam Prep Cycle
  - Tips for Taking Online Exams

- Growth Mindset
  - LearnStorm Growth Mindset: The Truth About Your Brain
  - The Growth Mindset
  - You Can Learn Anything
- Internal Locus of Control
  - Locus of control, learned helplessness, and the tyranny of choice | Khan Academy
  - Self esteem, self efficacy, and locus of control | Individuals, and Society | MCAT | Khan Academy
- Productivity
  - How to Stop Procrastinating and Focus: A Guide to the Pomodoro Technique
  - Timeboxing: Elon Musk's Time Management Method
  - The 10 Best Productivity Apps in 2019
- Procrastination and Motivation
  - How to Stop Procrastinating: The Only Guide You’ll Ever Need
  - How to Actually Stop Wasting Time on the Internet
  - Why You Procrastinate (It Has Nothing to Do With Self-Control)
  - Productivity Isn’t About Time Management. It’s About Attention Management.
- Organization
  - 4 Steps to Get Organized for Online Courses | Online Learning Lessons
  - 7 Things Organized People Do That You (Probably) Don’t Do
- Breaking Bad Habits and Building Self-Discipline
  - How to ACTUALLY Break Your Bad Habits
  - 5 Ways to Improve Self-Control
- Study Aids
  - Wolfram Alpha
  - Khan Academy
  - Learning Centers: Virtual Hours
- Relationships
  - Helping Others
    - How to Support a Loved One Going Through a Tough Time during COVID-19
    - How to Help Someone with Anxiety or Depression during COVID-19
- Living at Home Again
  - How to Communicate Boundaries with Your Parents While in College
  - A Message for Parents of College Students Working from Home (Including Myself), from a Faculty Member
  - Here’s How to Set Boundaries When Your Kid Comes Home from College

Michigan Technological University
Residence Education and Housing Services
- Conflict Resolution
  - 3 Steps to Resolving Conflict Within Your Family
  - Resolve Family Conflicts and Relieve Stress
  - Conflict Resolution Skills for Healthy Relationships

- Maintaining Contact with Friends
  - Buzzfeed: 19 Little Ways To Be A Better Long-Distance Friend In 2019
  - 11 Ways To Stay In Touch With Your Long Distance Best Friend
  - Take Steps to Counter the Loneliness of Social Distancing
  - Maintaining Relationships While Practicing Social Distancing

- Working Remotely with Groups
  - How to Collaborate Effectively If Your Team Is Remote
  - 5 Tools for Effective Long-Distance Teamwork
  - 5 Essential Trello Boards Every Remote Team Needs
  - The Remote Communication Cheat Sheet For Respecting @All Team Members

- Setting Boundaries
  - Learning How to Set Healthy Boundaries with Family
  - How to Set Boundaries With Family
  - Boundaries with Brene Brown
  - Healthy Relationships

- Self-Care and Well-Being
  - Counseling Services
  - Student Health and Wellness
  - Budgeting
    - Emergency Resources | Dean of Students
    - Aunt Bertha - Free and Reduced Local Resources Search Engine
    - Mint
    - Budgeting Tips
    - 15 Practical Budgeting Tips
    - U-Haul Offers 30 Days Free Self Storage amid Coronavirus Outbreak

- Loneliness
  - The Simple Cure for Loneliness | Baya Voce | TEDxSaltLakeCity
  - How to Prevent Loneliness in a Time of Social Distancing
  - I Spent a Year in Space, and I have Tips on Isolation to Share

- Building a Self-Care Routine
  - How to Care for Yourself While Practicing Social Distancing
  - Morning Routines
  - How to Build Strong Habits
  - How to Stay Physically and Mentally Healthy While Stuck at Home
- Stress, Anxiety, and Depression
  - How Do I Know Someone Is Experiencing Anxiety or Depression?
  - Calm
  - Headspace App
  - JED Foundation
  - 4 Self-Care Tips for How to Deal with Anxiety
  - Catastrophizing
  - 5 Signs You May Be Self-Medicating
- Sleep
  - Optimize Your Sleep: 5 Tips for Falling Asleep Faster and Sleeping Better
  - How to Get to Bed on Time and Stop Losing Sleep
  - 10 Sleep Tips for College Students
  - Sleepy Time
- Sleep and Relaxation Meditation and Music
  - Relaxing Sleep Music
  - Daily Calm | 10 Minute Mindfulness Meditation | Be Present
  - Relaxing Music for Stress Relief
  - 8 Hours Relaxing Nature Sounds
  - RELAX AND BREATHE: Do Nothing for 10 Minutes
- Sexual Health
  - Sex and Coronavirus Disease 2019 (COVID-19)
  - Prevention - STD Information from CDC
- Staying Active
  - Virtual Tours
    - 22 Ways to Leave Home without Actually Leaving the Couch
    - Google Earth Virtual Tours: How to Tour 31 US National Parks from Home
    - 12 Museums From Around the World That You Can Visit Virtually | Travel + Leisure
    - Social distancing: Six virtual tours you can take if you’re stuck at home
    - Free Virtual Tours Of Museums, Parks & Cities Online
  - At-Home Workouts
    - Planet Fitness
    - 14-Day Quarantine Workout Plan
    - The Best 15-Minute Beginner Workout — No Equipment Needed | Class FitSugar
    - Gentle Yoga Flow - 30-Minute All Levels Yoga Class
    - 15-Minute Beginner’s At-Home Cardio Workout | Class FitSugar