

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 Wahtera 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](#)



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Residence Education
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- 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](#)
 - [Moving Back Home After College: A Survival Guide for New Grads & Parents](#)
 - [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](#)



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- 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](#)



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- 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](#)



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