

If you have resources to add to this list, please send them to jean.wnuk@umassmed.edu with the email subject line: "or COVID-19 Resource List". Thank you!

<https://www.umassmed.edu/TransitionsACR> Built by the team at Transitions to Adulthood Center for Research at UMass Medical School.

COVID-19 RESOURCES FOR COLLEGE STUDENTS AND THEIR SUPPORTERS

FOR THE COLLEGE STUDENT

TOPIC	SOURCE	TITLE	LINK
Advice/Support	Harvard Business Review	Anxiety Is Contagious. Here's How to Contain It.	https://hbr.org/2020/03/anxiety-is-contagious-heres-how-to-contain-it
Advice/Support	The Jed Foundation	What to Do When the Sports Season Gets Cut Short	https://www.jedfoundation.org/what-to-do-when-the-sports-season-gets-cut-short/
College	New York Times	How to Make College Decisions When Campuses Are Closed	https://www.nytimes.com/2020/03/15/well/family/coronavirus-college-visits-high-school-students.html
College	Mental Health America	A College Student's 7 Tips For Transitioning To Online Classes	https://mhanational.org/blog/college-students-7-tips-transitioning-online-classes
College	NPR	Colleges Go Test-Optional After SAT, ACT Are Called Off	https://www.npr.org/sections/coronavirus-live-updates/2020/04/01/825304555/colleges-go-test-option
Inspiration	Gretchen Schmelzer	This could be our finest hour, but we need all of you.	http://gretchenschmelzer.com/blog-1/2020/3/10/can-we-make-this-our-finest-hour
Inspiration	Mark & Angel Hack Life	10 Forgotten Truths to Help You Get Through Hard Times	https://www.marcandangel.com/2014/06/01/10-forgotten-truths-to-help-you-get-through-hard-times/
Inspiration	Calm	Let's meet this moment together.	https://www.calm.com/blog/take-a-deep-breath
Resources	The Hope Center/Hope 4 College	COVID-19 Response Resources - home page for resources	https://hope4college.com/resources/
Resources	The Hope Center/Hope 4 College	Supporting #RealCollege Students During COVID19	https://hope4college.com/wp-content/uploads/2020/03/BTFP_SupportingStudentsDuringCOVID19_v
Resources	InsideHigherEd	Coping With a Pandemic	https://www.insidehighered.com/news/2020/03/31/mental-health-support-systems-coping-pandemic
Resources	NATIONAL EATING DISORDERS ASSOCIATION	NATIONAL EATING DISORDERS ASSOCIATION COVID-19 Resource Page	https://www.nationaleatingdisorders.org/help-support/covid-19-resources-page
Resources	https://www.medainc.org/maintainin	Online ED Free/Low \$ Support during COVID 19	https://docs.google.com/spreadsheets/u/0/d/1cgwv4aOD0xHhwtgw2tM7GrdzvpGD_FAIEaxLFPeyCB

FOR COLLEGE ADMINISTRATORS AND PROFESSORS

TOPIC	SOURCE	TITLE	LINK
College	CDC	Interim Guidance for Administrators of US Institutions of Higher Education (amid Covid19)	https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-ihe-response.html
College	Landmark College	Best practices for remote learning for students with learning differences	https://www.landmark.edu/research-training/ld-resources/remote-learning-best-practices
College	NPR	Panic-gogy': Teaching Online Classes During The Coronavirus Pandemic	https://www.npr.org/2020/03/19/817885991/panic-gogy-teaching-online-classes-during-the-coronavir
College	Psychiatric Times	Universities' Response to Supporting Mental Health of College Students During the COVID-19	https://www.psychiatrictimes.com/coronavirus/universities-response-supporting-mental-health-college
College	SAMSHA	Webinars: Changing the Conversation about Mental Health to Support College Students Dur	https://mhttcnetwork.org/centers/global-mhffc/responding-covid-19
College	The Hope Center/Hope 4 College	Webinar-Meeting Student's Basic Needs and Keeping them Enrolled During COVID-19	https://hope4college.com/2865-2/
College	TransitionsACR	Supporting College Students with Mental Health Conditions In the Wake of COVID-19 Resol	https://files.constantcontact.com/c9f1af8a201/6beb78d8-a46b-4e66-b6a8-ab4b0c7a4352.pdf
College	TransitionsACR	Recorded Webinar: Supporting College Students with Mental Health Conditions In the Wake	https://www.youtube.com/watch?v=jwGM4IS2oXY
Resources	InsideHigherEd	Coping With a Pandemic	https://www.insidehighered.com/news/2020/03/31/mental-health-support-systems-coping-pandemic