Introduction: The following are a sample of resources that may be helpful to you and your students as we transition to off-campus learning and support. This is not an exhaustive list, but rather a few targeted resources that may be helpful. We will continue to develop resources that may be helpful to providers and students in the wake of COVID-19.

Foster Social Connectedness:

- Temple University Collaborative on Community Inclusion: http://www.tucollaborative.org

Physical Organization:

- Organizing physical space- https://www.youtube.com/watch?v=3f9hC4LF_j8
- Organizing your online classes- https://www.youtube.com/watch?v=eF-Z1hJ67-Y
- Organizing your computer- https://www.youtube.com/watch?v=bKjRKZxr-KY
- Organizing files and folders- https://www.youtube.com/watch?v=y-LeibeXAog
- Organizing study space- https://www.youtube.com/watch?v=kB6wJkJWO2SY

Time management:

- Managing time and studying using (SMART theory)- https://www.youtube.com/watch?v=qRE0WicGz4I
- Using calendars- https://www.youtube.com/watch?v=KcWplarcZzY
- Creating a daily routine- https://blog.connectionsacademy.com/4-keys-to-establishing-schedules-and-routines-for-online-students/
- Creating routine- https://www.straighterline.com/blog/seven-habits-of-great-online-college-students/

Online calls:

- How to look/ act professional: https://www.youtube.com/watch?v=3cNVW3qM8bk
- How to Navigate Google Classroom (if your child’s school is using this to transition online): https://docs.google.com/presentation/d/
- How to Navigate Zoom calls: https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials
Apps that help:

- 10 apps to help study/ work from home- https://www.youtube.com/watch?v=QBxCMzA4OFs
- 10 apps to help study/ work from home- https://www.youtube.com/watch?v=hNIIgtlbmhU

Managing emotions/ stress:

- How to handle your panic attacks: https://www.youtube.com/watch?v=8xZ2L8il6W4
- Stress management- https://www.youtube.com/watch?v=0fl-pn80s-c
- Stress management- https://www.youtube.com/watch?v=IDeCu0ME1Zo

Journaling & Notes:

- Bullet Journal Setup for Productivity: https://www.youtube.com/watch?v=ZK5VUuxGYr0
- Study skills/note taking- https://www.youtube.com/watch?v=3rFNnhYMIQY
- How to take great notes: https://www.youtube.com/watch?v=UAhRf3U50IM
- Notability App: https://www.gingerlabs.com/

Additional questions or inquiries for our team?

- Contact us directly: HYPE@umassmed.edu
- Sign up for our e-mail newsletter: Text TRANSITIONSACR to 22828

The contents of this document and the associated presentation were developed under a grant with funding from the National Institute on Disability, Independent Living, and Rehabilitation Research, United States Department of Health and Human Services (NIDILRR grant number A-90DP0063). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.