



Supporting College Students with Mental Health Conditions In the Wake of COVID-19



Resources from the webinar hosted March 25, 2020

Transitions to Adulthood Center for Research
University of Massachusetts Medical School

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:

- NITEO at Boston University's Center for Psychiatric Rehabilitation Free web-based, social connecting activities for college students: <https://cpr.bu.edu/app/uploads/2016/07/NITEO-ACTIVITIES-Spring-2020.pdf>
- 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=kB6wJkWO2SY>

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=hNlIGtIbmhU>

Managing emotions/ stress:

- How to handle your panic attacks: <https://www.youtube.com/watch?v=8xZ2L8il6W4>
- Stress management- <https://www.youtube.com/watch?v=OfL-pn80s-c>
- Stress management- <https://www.youtube.com/watch?v=lDecu0ME1Zo>

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
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