

SDS Student Resources

Mentionable Apps to Try:

- COVID Coach (for [Apple](#) or [Google Play](#))! We love this app because it has taken so many of the resources and helpful tips that we have cultivated throughout the COVID-19 age of change and compiled them into one handy app. COVID Coach features a Stress Management component and a Mood and Wellness Tracker to develop the tools you need to manage your mental health, as well as a Learn feature that makes it easy to stay informed and a Resources feature that will guide you to the assistance you need to stay well at this time. Check it out!
- [Nod](#)-Nod uses strategies backed by science to empower students to build the authentic connections they want and need to be successful in college. Nod has been updated to help students grow and maintain strong social lives through the COVID-19 crisis. Just because we can't be together physically doesn't mean we can't be socially connected.
- [Sanvello](#)-Techniques and check-ins for anxiety, stress and depression management
- [Woebot](#)-A CBT-based companion to help with mental health

For Working and Learning From Home:

-USF Student Research Guides on [Learning Through Emergencies](#)

-[Project Eye to Eye COVID-19 Resources for the LD/ADHD Community](#) (this page continues to update):

- Develop a routine and stick to it. Routine and repetition are crucial for successful learning.
- Limit eye strain and fatigue by taking frequent breaks from your computer.
- [Screen overlays](#) and [software to break up text](#) can be beneficial.
- Text-to-Speech software like [Natural Reader](#) can be helpful for reading aloud any text, exams, or presentations in class.
- [This website](#) allows for texts to be “rewordified”, use quizzes to check your understanding and extend vocabulary.

-Children and Adults with Attention-Deficit/Hyperactivity Disorder ([CHADD](#))

- On [Suddenly Working From Home](#)
- On [White Noise for Staying On-Task](#)

-Association for Career & Technical Education's [Distance Learning Resources](#):

- For [General Online Learning Guides & Tips](#)
- For [Career & Technical Ed, STEM, & Career Development Online Learning](#)

-TheSkimm on [Working From Home Effectively](#)

-The National Center for College Students with Disabilities [Study Tips Page](#)

-Finishing College Classes During COVID-19 [Tip Sheet](#)

For Mental Health and Self-Care Resources:

- Free Premium access to the [Sanvello](#) app for anxiety, stress and depression
- Active Minds [Blog](#) on Coping and Staying Well During School Closure
- [CDC Guide](#) on Managing Anxiety & Stress
- [Crisis Text Line](#) Resources on handling Coronavirus, dealing with isolation, financial stress, and more
 - Anxious About Coronavirus? **Text HOME to 741741 to connect with a Crisis Counselor.**
- [Taking Moments For Gratitude](#)
- TheSkimm Guide on [What to Read](#)
- DIY [Aromatherapy](#) at Home
- [Coping with Stress](#)

For Keeping Active at Home:

- [Women's Health Magazine At-Home Workouts](#)
- [Daily Yoga](#) App
- [Yoga With Adriene](#) on YouTube
- [Sweat With Kayla](#) App
- [Peloton App](#) Free 90-Day Trial
- [CorePower Yoga](#) Live
- [Nike Training Club](#) App
- [FitOn](#) App
- [Daily Burn](#) Free 60-Day Trial
- [Y7](#) Hip-Hop Yoga Online

Staying Connected with SDS/USF Community:

- [Each Mind Matters](#) on Community Connections in times of Physical Separation
- Drawing Change on [Staying Connected During Self Isolation](#)

- Project Eye 2 Eye [Facebook Group](#)
- Canvas: You can reply to your classmates through Canvas Discussion Board activities created by your instructor. You can ask your instructor to create an “Open Forum” discussion board so you and your classmates can share information relevant to your course.