

Coronavirus Resources for Students

March 25, 2020

As a student, you might be having some difficulties adjusting to remote learning. It can be stressful to learn in a new way and in a different place, to be uncertain about how to access needed information, and to create a new routine for meeting your various responsibilities. Perhaps you are managing with relative ease. That is OK, too.

There is no right or wrong way to make this transition. Rely on what works for you. Create a routine that works for you. It can be helpful to stay in contact with supportive friends and family, and remember, even if you are not physically at Clarion University, we are still here for you.

This page will guide you to some of the many resources that are available to help you.

Mental Health

[Managing Reactions to the Coronavirus](#)

[Managing Stress and Anxiety](#)

[Coping Strategies](#)

[Tips for Stress Management](#)

Factual Information

[Center for Disease Control](#)

[Clarion U Coronavirus Info](#)

[Coronavirus.gov](#)

[PA Dept of Health](#)

[NY Dept of Health](#)

[MD Dept of Health](#)

[OH Dept of Health](#)

Study Help

Students who have questions or specific academic concerns, or who are in need of support can contact us:

Ron Radaker, 814-393-1877 or rradaker@clarion.edu;

Kyle Vickers, 814-393-1344 or kvickers@clarion.edu;

or freetutoring@clarion.edu.

[Online Tutoring Link](#)

[Study Skills](#)

[Skills Clinics](#)

Stay Connected

Student support assistants can identify resources near your location and will work with your insurance provider to find virtual counseling for you.

Contact us by emailing tcrissman@clarion.edu or mlkarg@clarion.edu.

There's an App for That!

Mood:

Happify [iOS](#) [Android](#)

LifeArmor [iOS](#) [Android](#)

Mindshift [iOS](#) [Android](#)

Mood Tools [iOS](#) [Android](#)

T2 Mood Tracker [iOS](#) [Android](#)

Virtual Hope Box [iOS](#) [Android](#)

WorryTree [Android](#)

Exercise:

Fitness Court [iOS](#) [Android](#)

Relaxation:

Breathe2Relax [iOS](#) [Android](#)

Calm [iOS](#) [Android](#)

Insight Timer [iOS](#) [Android](#)

Relax Lite [iOS](#) [Android](#)

Stop, Breathe, Think [iOS](#) [Android](#)

Sleep:

CBT-I Coach [iOS](#) [Android](#)

Atmosphere [Android](#)

Sleep Sounds [iOS](#) [Android](#)