



NATIONAL  
UNIVERSITY

# Student Wellness Resources during COVID-19

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**NATIONAL  
UNIVERSITY**

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# STUDENT SUCCESS

## STUDENT CONCIERGE SERVICES

Contact: [scs@nu.edu](mailto:scs@nu.edu) or (866) 628-8988

[nu.edu/studentconciierge](https://nu.edu/studentconciierge)

Knowledge-based solution center for student questions and concerns M-Th 8 a.m.-8 p.m., F 8 a.m.-6 p.m., Sa 8 a.m.-5 p.m. Services include: High-touch service, real-time support, and questions answered.

## STUDENT SUCCESS CENTER

Contact: [studentsuccess@nu.edu](mailto:studentsuccess@nu.edu)

[nu.edu/studentsuccess](https://nu.edu/studentsuccess)

Working individually with students to ensure academic success. Services include: Individual coaching, time management, study skills, and information/resources.

## STUDENT ACCESSIBILITY SERVICES

Contact: [sas@nu.edu](mailto:sas@nu.edu)

[nu.edu/sas](https://nu.edu/sas)

Ensuring equitable access for students with disabilities. Services include: Testing accommodations, ASL interpreting/captioning, alternate media/assistive technology, and disability management counseling.

## CAREER SERVICES

Contact: [careerservices@nu.edu](mailto:careerservices@nu.edu)

[careerservices.nu.edu](https://careerservices.nu.edu)

Supporting students throughout their professional development and job search. Services include: Resume/Cover Letter Development and Review, Interviewing Techniques, Job Search and Career Fairs.

## VETERAN CENTER

Contact: [veterancenter@nu.edu](mailto:veterancenter@nu.edu)

[nu.edu/veterancenter](https://nu.edu/veterancenter)

Building community and providing resources for veteran students. Services include: Peer coaching, transition workshops, GI Bill® assistance and education, comfortable lounge. Located in Spectrum Campus.

## MATH TUTORING

Appointments: <https://numath.mywconline.com>

Contact: [mathtutor@nu.edu](mailto:mathtutor@nu.edu)

Individual tutoring for students in math, algebra, calculus, geometry, chemistry, and physics. Services include: Individual tutoring, available online!

## WRITING CENTER

Appointments: <https://nu.mywconline.com>

Contact: [writingcenter@nu.edu](mailto:writingcenter@nu.edu)

One-on-one conversations about writing projects in undergraduate and graduate courses. Services include: Online workshops on topics like APA style, literature review, academic reading, and grammar fundamentals. Available online & in person at Spectrum Library.

## STUDENT WELLNESS

Contact: [studentwellness@nu.edu](mailto:studentwellness@nu.edu)

[nu.edu/studentwellness](https://nu.edu/studentwellness)

Holistic wellness is integral to student learning and success. Our Student Wellness staff can help you on campus or online with a variety of issues. Services include: solutions-focused counseling, assistance with housing and food insecurity, mental health support, and community referrals.

## TESTING CENTER

Contact: [testingservices@nu.edu](mailto:testingservices@nu.edu)

[nu.edu/testingservices](https://nu.edu/testingservices)

Placement and credit-awarding testing services for current and prospective students. Services include: Accuplacer testing, credit by exam, CLEP, DSST, and more.

## OFFICE OF INTERNATIONAL AFFAIRS

Contact: [iss@nu.edu](mailto:iss@nu.edu)

[nu.edu/international](https://nu.edu/international)

Supporting international students to contribute to the success of their educational and professional goals. Services include: Academic advising, professional development/employment workshops, non-immigrant advising, student life information/resources, cultural celebrations.

*GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at the official U.S. government website at <https://www.benefits.va.gov/gibill>.*



## The crisis is impacting my income and ability to buy food or other necessities. What can I do?

The Student Wellness department ([www.nu.edu/studentwellness](http://www.nu.edu/studentwellness)) would be happy to connect you to local food resources and any other basic need services during this time. You can reach out directly to [studentwellness@nu.edu](mailto:studentwellness@nu.edu) or call/text (619) 884-6837 - please note this is not a 24/7 number.

**For immediate, basic needs and resources dial 2-1-1.** 211 is available in every county in the United States and is a direct link to local social services and resources. 2-1-1 operators know helpful information about food pantries and distributions, housing assistance, emergency shelters, and many other resources.

Many county 211 lines also have searchable databases websites available. You may be able to locate yours if you perform an internet search with 'your county's name' + '211.' Here is a [link to San Diego County's 211 site](#). If you search online, check the resource's website or call them directly to see if their services have changed due to the pandemic.

**Local Food Banks:** Individuals are encouraged to bring reusable bags or a cart with them to carry food items. Once again, check website links and/or call as you will want to make sure that the sites are still offering services as that is subject to change.

### **San Diego Food Bank:**

- The Emergency Food Assistance Program is a federal program that provides monthly food packages to individuals and families who meet income guidelines set by the federal government. See [flyer](#) for more details. You can call 2-1-1 to find the provider closest to your location.
- [Neighborhood Distribution Program](#) (click link for locations): No documentation is needed to receive food assistance from a Neighborhood Distribution site where people can receive fresh fruits, vegetables and bread based on availability.

### **Feeding San Diego:**

- [Regular Distribution Program](#) (click link for locations): No documentation is needed to receive food.
- The following locations have been added and are distributing food specifically due to the emergency (scroll past map to "COVID-19 Emergency Food Distribution Sites"):  
<https://feedingsandiego.org/need-help/food-distributions/>

[Supplemental Nutrition Assistance Program \(SNAP\)](#) (CalFresh in CA): This program provides a debit card that can be used for food at a wide variety of stores. Qualification is based on income, family size and other eligibility requirements.



## I am a parent and my kids are home from school. How do I balance all these demands?

First, it is important to talk to your kids about what is going on to help them understand the situation and feel safe during changes to their routines and uncertainty. There are a few helpful resources to guide you as you support your child:

- CDC's guide called [Helping Children Cope with Emergencies](#)
- The National Association of School Psychologists: [Talking to Children about COVID-19: A Parent Resource](#)

Next, you will want to create a schedule so everyone in your family knows what the new routine will look like. This will look different for each family depending on ages and what your school districts have provided. [The Khan Academy](#) has provided some examples of schedules based on age group. Once you get your children's schedules setup, work to make your own as well. Remember, it is not always going to go according to plan and that is okay.

There are a lot of great online resources that have been made available to help parents during this time. Here are a few:

- Sanford Programs has created the free [Harmony at Home toolkit](#) to support social and emotional well-being for families with materials and resources to help families foster relationships, discuss feelings, solve problems, and have fun.
- [Scholastic Learn at Home](#): Day-by-day projects to keep kids reading, thinking, and growing (based on grade level, pre-K - 9).
- [edHelper.com](#): Offering free workbooks during these school closures for a variety of subjects for pre-K – 12.
- HMH (Houghton Mifflin Harcourt) [At-Home Learning Support](#): Free learning activities, lessons, downloads, and videos for K-12 have been made available for free.
- National School Choice Week has compiled [free learning resources](#) for families with links and short descriptions for each.
- [Fred Rogers Center](#): There is a page dedicated to those caring for children and trying to help them learn during this time with a variety of links and activity ideas.
- Google Earth has [virtual tours of 31 different national parks](#) available online
- Lunch Doodles with Mo Willems! Are about 15-20 minute videos with a kids book illustrator showing how to draw simple doodles. The kids might be entertained and able to do this solo with paper and pens/markers: <https://www.kennedy-center.org/education/mo-willems/>
- Words Alive! has a live daily story telling or you can have them watch recordings of previous stories: <https://www.wordsalive.org/storystation>
- The San Diego County library does the same thing. <https://www.sandiego.gov/sdplstorytime>

### Live Animal Cameras:

- Here is a link to all of the San Diego live cams: <https://zoo.sandiegozoo.org/live-cams>
- Monterey Bay Aquarium live cams: <https://www.montereybayaquarium.org/animals/live-cams>
- Here is the Birch aquarium live cam (not as eventful): <https://aquarium.ucsd.edu/kelpcam>



## I am experiencing a lot of stress or personal conflict with everything going on; what resources are there at NU to help me with this?

As a student at National University, you have free access to SilverCloud Health, which offers secure, immediate access to online CBT (cognitive behavioral therapy) programs, tailored to your specific needs. SilverCloud offers the following program topics: stress, anxiety, depression, anxiety & depression, and resilience. There is a new program called **Space from COVID-19**, which provides practical tools and strategies on how to support your mental health during this unprecedented time by **learning about how to deal with things you don't have control over as well as how to build new routines amidst change** to name a few.

You can choose to go through the program self-guided or you can select a coached option if you would like some accountability and support along the way. [Register for your free account today](#) – use the pin: national.

If you need any additional support or resources during this time, don't hesitate to reach out to the Student Wellness department ([www.nu.edu/studentwellness](http://www.nu.edu/studentwellness)). The department helps students dealing with mental health concerns, homelessness, housing and/or food insecurities, domestic violence, and many other things. You can reach out directly to [studentwellness@nu.edu](mailto:studentwellness@nu.edu) or call/text (619) 884-6837 - please note this is not a 24/7 number. If you are needing help immediately the following are 24/7 numbers:

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- Disaster Distress Hotline: 1-800-985-5990
- Suicide Prevention: 1-888-724-7240
- Crisis Text Line: text "HOME" to 741741
- Social Services: 2-1-1
- Domestic Violence: 1-800-799-SAFE (7233)
- Sexual Assault: 1-800-656-HOPE (4673)

Here is a [Corona Virus Anxiety Workbook](#) put together by Depauw University.

There are also some helpful resources that are now being offered for free due to the virus: Yale is offering their course [The Science of Well-Being](#) for free right now. In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

The Center for Mindfulness and The Sanford Institute for Empathy and Compassion, and Compassion Institute will work together to provide daily streams and recordings of mindfulness and compassion sessions to provide resources and online support to those affected. You can look at the offerings and join various Zoom meetings if any interest you. Also, there are previous recordings available at the bottom as well. <https://medschool.ucsd.edu/som/fmph/research/mindfulness/free-sessions/Pages/default.aspx>



## What free resources are there for people to stay active at home during COVID-19-related gym closures?

Here are free online fitness and yoga videos to help maintain health and wellness while at home.

### **Peloton**

Free for 90 days - <https://www.onepeloton.com/app>

*All information below from: <https://www.9news.com/article/news/health/coronavirus/free-home-workouts/73-ca117ae0-6de3-42ba-a68c-aa67eab158c5>*

### **STRONG by Zumba YouTube**

[STRONG by Zumba](#) combines bodyweight, cardio, muscle conditioning and plyometric training synced to music. Several at-home workout options are available on YouTube with no equipment needed. Options include 7-minute, 20-minute and 30-minute classes.

### **Planet Fitness live stream**

Planet Fitness, one of the country's largest chain gyms, is offering free online classes for the next two weeks, starting March 16. The daily workout, which will be 20 minutes and will not require any equipment, will be available on [YouTube](#) and [Facebook](#).

### **CorePower Yoga**

This popular yoga studio is offering free access to [a selection of their online classes](#) while they are closed to help stop the spread of COVID-19.

### **LES MILLS**

This workout class creator is offering free classes [on their streaming platform](#), LES MILLS on Demand until the coronavirus outbreak is over. The site has 95 video classes for Body Combat, Body Pump, Barre, cardio training, mindfulness and more.

### **Fitness Blender**

[Fitness Blender](#) offers hundreds of free workout videos ranging in difficulty, length, and body focus.

### **Down Dog**

[Down Dog](#) maintains five fitness and yoga apps that offer yoga practices or at-home workouts: Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute Workout.

### **YMCA 360: Your Virtual YMCA**

[YMCA 360](#) is an "on-demand" healthy living network. The YouTube channel offers several 15-minute workout routines.

## What if I don't have internet access for online classes or my connection isn't fast enough?

As public libraries, campuses, and other commonly used workspaces are closing, many companies are offering free internet services for qualifying individuals who have school-aged children or are students themselves (including college).

Below, please find a list of providers with active offers that may be available to you. If you do not have access to one or more of the providers listed, try searching the internet for the name of your local internet provider + 'response to COVID-19' to see what has been made available.

<p><a href="#"><u>Internet Essentials</u></a> from Comcast</p>	<p>New customers (low-income qualified households) are eligible for complimentary internet essentials service for 60 days, after that it will be \$9.95 per month. Review <a href="#"><u>the list of eligibility and documentation</u></a>.</p> <p>Xfinity WiFi hotspots are now available for <b>free to the public</b>. See a map of the hotspots here: <a href="https://wifi.xfinity.com/">https://wifi.xfinity.com/</a></p>
<p><a href="#"><u>Spectrum Internet Assist</u></a> from Charter Communications</p>	<p>New customers who receive SSI or have children who qualify for free/reduced lunch or the CEP provision of the lunch plan) are eligible for complimentary internet essentials service for 60 days, price depends on speed selected (more expensive than the previous option). To enroll, call <b>1-844-488-8395</b>.</p> <p>Spectrum WiFi hotspots are now available for <b>free to the public</b>. See a map of the hotspots here: <a href="https://www.spectrum.com/free-wifi-hotspots">https://www.spectrum.com/free-wifi-hotspots</a></p>
<p><a href="#"><u>Connect2Complete</u></a> from Cox</p>	<p>New customers (low-income qualified households) are eligible for complimentary internet essentials service for one month, after that it will be \$9.95 per month. Please see the website for eligibility.</p>
<p><a href="#"><u>Access</u></a> from AT&amp;T</p>	<p>New customers are eligible for <b>two months of free service</b> (must order by April 30, 2020), \$5/mo or \$10/mo thereafter, depending on your speed. Eligibility is based on income and households participating in National School Lunch Program/Head Start.</p> <p>AT&amp;T WiFi hotspots are now available for <b>free to the public</b>. Learn about how to connect here: <a href="https://www.att.com/support/article/wireless/KM1103818">https://www.att.com/support/article/wireless/KM1103818</a></p>
<p>Verizon</p>	<p>Verizon is <a href="#"><u>waiving late fees and suspending service termination</u></a> for customers negatively impacted by the global crisis.</p>
<p>T-Mobile</p>	<p>T-Mobile is providing <a href="#"><u>unlimited data to all current customers</u></a> who have plans with data for the next 60 days. It will also provide additional data to mobile hotspot users.</p>

Chart last updated: 4/15/20