

Resources

"What I Wish My Parents Knew" Frameworks to Success: Adapting to Distance Learning



Family Resources

Organization Resources

- NYU Time Management: <https://rb.gy/qs8gyt>
 - Easy to follow strategies to help effectively manage one's time.
- Child Mind: <https://rb.gy/mvoo5p>
 - Child Mind has a wealth of information on child and youth concerns, including organization.
- Distance Learning Playbook for Parents, by Rosalind Wiseman, Douglas Fisher, Nancy Frey, John Hattie

Social Emotional Resources

- Travis Manion Foundation: <https://rb.gy/how4oz>
 - Provides free lesson plans, videos and resources available for free for young adults and parents. Topics related are teamwork, self-regulation, social intelligence and leadership.
- Child Mind: <https://rb.gy/mvoo5p>
 - Child Mind has a wealth of information on child and youth concerns, including organization.
- San Diego Access & Crisis Line: (888) 724-7240
 - 7 days a week/24 hrs a day mental health referrals, suicide prevention, crisis intervention, community resources

Youth Resources

Organization Resources

- My Study Life App
 - Free organizational tool for students-input assignments, extracurricular activities, & tasks to complete

Social Emotional Resources

- Teen Talk Podcast: <https://www.radio.com/podcasts/teen-talk-podcast-35978>
 - Created by teens to discuss life during COVID
- Pacifica App
 - Free app targeted to help teens break the cycle of negative thoughts & help with stress, anxiety and depression
- Crisis text line: Text HOME to 741741 to connect with a Crisis Counselor
 - Free 24/7 support with anxiety, depression, suicide, school, Coronavirus