

# **COVID-19 Resources for Students**

**Compiled by the**

#### **IV. Institutional and Regional Resources**

- A. University Responses and Community Organizing in Response to COVID-19
- B. Institution-Specific Resources and Information
- C. Institution-Specific Mutual Aid Documents
- D. Regional-Specific Resources

#### **V. Other Resources**

- A. Miscellaneous
- B. Self Isolation/Quarantine - Free things to do
- C. Accounts/People to Follow
- D. Contribute to solutions worldwide

### **I. Informational Resources**

#### ***General Information about COVID-19***

[CDC Coronavirus Webpage](#)

[Coronavirus disease \(COVID-19\) advice for the public](#) (World Health Organization)

[Coronavirus Timeline](#) (ABC News)

[Community Care During COVID-19: A Message To and From AAPIs](#) (Resources avail in Hmong, Traditional Chinese, Simplified Chinese, Vietnamese, Korean, Tagalog, Cambodian, Japanese)

#### ***Combatting Racism and Xenophobia***

*Content warning: racism, xenophobia, violence against AAPIs*

[As Coronavirus Spreads, So Does Xenophobia and Anti-Asian Racism](#) (TIME)

[Asian American teen in L.A. assaulted over coronavirus](#) (NBC News)

[Coronavirus fears show how 'model minority' Asian Americans become the 'yellow peril'](#) (Matthew Lee, NBC)

[Protecting Asian American and Pacific Islander Working People](#) (Asian Pacific American Labor Alliance, AFL-CIO)

[Yellow Peril Teach-In: Resources to Combat Coronavirus Racism](#) (Jason Oliver Chang, University of Connecticut)

[Racism is a Virus Too Rapid Response Fund for those combatting COVID-19 related xenophobia and bullying](#)



Free Adobe Creative Cloud Access at Home  
Wifi and internet

### **Resources to Support Workers**

[Oakland and San Francisco: Letter to Mayors](#)

[Stanford Students for Workers' Rights Petition and Email Instructions](#)

[GLP Sex-worker Aid Network Initiative](#)

[Tulane: Send Leftover Meal Plan and Housing Money to Sodexo Workers \(Instead of Tulane Admin\) Petition](#)

[COVID-19 Freelance Artist Resources](#)

[ConvertKit - the Creator Fund Financial Assistance](#) (up to \$500)

[Cinema Worker Solidarity Fund](#)

[California Employment Development Department Coronavirus 2019 site](#)

[UChicago Sign-on Letter: Protection for Maintenance Staff Amid COVID-19](#)

[Coronavirus Care Fund for Domestic Workers](#)

[Service Workers Mutual Aid Fund](#)

[RAISE Undocu Workers Fund](#) - Support for undocumented folks working at restaurants in Manhattan and Brooklyn

### **Other Community Care Projects**

[p0stb1nary Mutual Aid Project: Support Independent Artists in Response to COVID-19](#)

[Asian American Feminist Collection Submissions for zine about racialized anxiety over COVID-19](#) (Due March 18)

[COVID-19 Financial Solidarity Spreadsheet](#)

[Covid-19 Prevention Tips Ti ng Vi t](#) (for those who want to share health tips with Vietnamese speakers)

[List of Arts Resources During the COVID-19 Outbreak](#)

[Open Collective Foundation's Fundraising Platform - waived fees for COVID-19 projects](#)

## **III. Resources for Those Supporting Students**

### **Resources for Parents with Children**

[Coronavirus quarantine resources for parents and caregivers](#)

[150+ Enrichment Activities for Children While Parents are Working Remotely](#)

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

[GIANT LIST OF IDEAS FOR BEING HOME WITH KIDS](#)

[Scholastic Learn At Home](#)

[Just For Kids: A Comic Exploring The New Coronavirus](#)

[CDC - Helping Children Cope with Emergencies](#)

### **Resources For Instructors**

[Humanizing Online Teaching - Drs. Mary Raygoza, Raina León, and Aaminah Norris, Saint Mary's College of California](#)

[The Hope Center - Beyond the Food Pantry Supporting #RealCollege Students During COVID19](#)

[Remote Teaching Resources for Business Continuity - DePaul University](#)

[Resources for online meetings, classes, and events - Facilitators for Pandemic Response group](#)

[Moving Production Courses Online](#)

[How to Transition to Online Teaching During these Difficult Times - CUNY](#)

[Shifting Film, Media, Screenwriting & Production Online for COVID-19 \(Facebook Group\)](#)

[Teaching in the Time of Corona: Resources \(Facebook Group\)](#)

## **IV. Institutional and Geographic Resources**

[University Responses and Community Organizing in Response to COVID-19](#)

[COVID-19 Work/School Policies](#)

[Live Mapping of Community and Student Mutual Aid Initiatives](#)

**How is your university/college responding? [Contribute to Uprooted and Rising's report through this survey!](#)**

### ***Institution-Specific Resources and Information***

[Duke Asian Students Association / International Association / Low Income First-Gen Experience \(LIFE\) - Coronavirus FAQ / Updates](#)

[Harvard Grad Union: COVID-19: Letter to Harvard Administration](#)

[Harvard Primus Response to Coronavirus - FAQ / Updates](#) and [Statement from Harvard Primus Board, 2019-2020](#)

[Macalester College Letter to the Administration](#)

[Swarthmore FLI Council: COVID-19 Email Draft to College Administration](#)

[University of Minnesota, Critical Disability Studies Collective - Coronavirus Campus Climate Statement](#)

[University of Pittsburgh COVID-19 Response Resource Guide](#)

[Florida Atlantic University COVID-19 Response and Updates](#)

[Yale Letter To Support Universal Pass/Fail Grading System #NoFailYale](#)

## ***Institution-Specific Mutual Aid Documents***

[Bennington College Mutual Aid](#)

[Brown Mutual Aid Document](#)

[Case Western Reserve: Mutual Aid Document](#)

[Carnegie Mellon University/Pittsburgh: Mutual Aid Spreadsheet](#)

[Cornell - COVID Shutdown Spreadsheet](#)

[DePaul Students Offering Housing /Storage /Moving Help](#)

[Duke University Mutual Aid Facebook Group](#) and [Centralized Links/Info Doc](#)

[Harvard mutual aid housing & storage form](#)

[Harvard sign up for volunteering, housing or storage for homeless students](#)

[Huron Valley/University of Michigan Mutual Aid Spreadsheet](#)

[Ithaca College Mutual Aid Document](#) (need Ithaca email to access)

[Middlebury Mutual Aid Spreadsheet](#)

[MIT \(and surrounding area\) Mutual Aid Form](#)

[Oberlin Mutual Aid Spreadsheet](#)

[Penn COVID-19 Resource Guide](#) and [Housing Spreadsheet](#) and [Mutual Aid](#)

[Pitt Mutual Aid Website](#)

[Pomona Help Pomona students evicted during COVID-19](#)

[Reed College School- and Student-based initiatives](#)

[Sarah Lawrence Emergency Resources](#)

[Smith Student Emergency Housing 2020](#)

[Swarthmore College Mutual Aid Sheet](#)

[Stanford Community Offerings/Resources](#)

[Tufts Mutual Aid](#) and [Unexpected Hardship Fund for Student Needs](#)

[University of Southern California Mutual Aid Sheet](#) and [Food List](#)

[William & Mary Mutual Aid Support Network](#)

[Wellesley fund for helping students move out](#)

[Vassar Student Support Fund](#)

[Vassar Mutual Aid Spreadsheet](#)

## ***Regional-Specific Resources***

[Appalachia Mutual Aid Fund](#)

[Atlanta COVID-19 Solidarity & Mutual Aid Master Doc](#)

### **California**

Cal COLA Mutual Aid (UC Berkeley/East Bay)

Request help: [bit.ly/cal-mutualaid-requests](https://bit.ly/cal-mutualaid-requests)

Offer help: [bit.ly/cal-mutualaid-volunteers](https://bit.ly/cal-mutualaid-volunteers)

### **Los Angeles**

[Los Angeles COVID-19 Mutual Aid Resource Links](#)





[North Carolina \(Triangle-Area\) Mutual Aid Form](#)

[PDX Mutual Aid Forms](#)

[Pittsburgh Mutual Aid SpreadSheet](#)

[Philadelphia Mutual Aid Google Form](#)

[Providence Community Mutual Aid \\*INTAKE\\*](#)

[Rockford Mutual Aid Volunteer \\*INTAKE\\*](#)

[Seattle #covid19mutualaid links](#)

## V. **Other Resources**

### **Miscellaneous**

[Demands from Grassroots Organizers Concerning COVID-19 - Kelly Hayes, Transformative Spaces](#)

[How is COVID-19 and school closures impacting Title IX cases - Know Your IX](#)

[COVID-19 Legal Resources - Brumley Law Firm](#)

[CivicTechHub](#) - International list of hackathons and civic tech communities trying to find solutions against COVID-19

[COVID-19 Slack / Discord / Telegram workspaces \(+ hackathons\): International list](#)

### **Self Isolation/Quarantine - Free things to do (taken from Bay Area COVID-19 Resource List)**

#### **Yoga:**

[Down Dog app](#) is free until April 1st - if student, can extend through July 1st

[Yoga for Beginners app](#) (same makers as Down Dog) free until April 1st - if student, can extend through July 1st

[Yoga with Adriene on Youtube](#) - always free online

[CorePower Yoga](#) Class Pack - free online classes during this time

[YogaWorks](#) - free online classes during this time

[Touchstone Fitness](#): Free online yoga through FB Live, varying schedule - check the website

[Lululemon](#) - some free online videos

#### **More (HIIT, dance, barre, circuits, more):**

[Barry's Bootcamp](#) - free on Instagram Live at 6AM, 9AM, and 12PM PDT (9AM, 12PM, 3PM EDT). Workouts are saved on the IGTV if you miss it

[Rumble Boxing](#) - free on Instagram Live at 9AM EST. Workouts saved on IGTV

[Planet Fitness free live workout sessions](#) - during this time

[Les Mills Free Workouts](#) - during this time  
[HIIT app](#), [Barre app](#), [7 Minute app](#) (same makers as Down Dog) free until  
April 1st- if student, can extend through July 1st  
[Pamela Reif on Youtube](#) - always free  
[Chloe Ting 2 Week Shred](#) - always free  
[Blogilates at home pilates](#) - always free  
[PonY](#)

***Accounts/People to Follow***

[@covid19mutualaid](#) on Twitter

[@AltGovCOVID19](#) on Twitter

[@frontline.covid19](#) on Instagram (stories from health care workers on the front line)