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Resources and Tips for CCM Students

Are you struggling with the transition to virtual learning? Looking for a job? Need to de-stress? Check out our top 6 resources and tips to keep you on track this semester.

1



TASC+

TASC+ (The Academic Success Center Plus) is your resource for getting answers to questions related to being a student in this new virtual environment; food insecurities, housing and mental health issues; and much more. Contact TASC+ by emailing TASCplus@ccm.edu.



2



Headspace

Managing stress and anxiety during this uncertain time is key to your success and well-being. This mobile app (and website) offer guided meditations and educational shorts on the importance of mindfulness. Click here to join more than 60 million others on Headspace!



Pro Tip:
Check out the collection titled **'Weathering the Storm'** for perfect meditations during these turbulent times.

3



New Jersey COVID-19 Hiring Portal

Did you lose your job or have your hours reduced as a result of COVID-19? Businesses across New Jersey need thousands of workers for immediate hire. Learn more about who is hiring in your community.



For access to the free hiring portal and more than 44,000 jobs, click here.

4



Google Arts & Culture

Need a study break? Walk some of the world's most iconic locations in the world thanks to this interactive tool. From the Sydney Opera House to the Taj Mahal, MoMa to Tortugas Coral Reef, the possibilities are endless. Click here to begin exploring!



"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything."
Plato

5



Live Streamed Concerts

Missing the music scene? Check out NPR's extensive list of concerts, operas, and orchestras that you can enjoy from the comfort of your home. Click here!

6



Explore the U.S. National Parks.

Google Earth is providing you an inside look at the most beautiful spots in the country without risking your health. From Maine's Acadia to Utah's Zion, you can walk around them all in Street View. Click here for the trip of a lifetime!



Pro Tip:
Google Earth can also give you a tour of the International Space Station and the Pyramids of Giza. Explore the **'Voyager'** tab!



Remember that we are all in this together.