

## Resources for Online College Students During COVID-19

### Education Resources

#### Free or Reduced Internet Service

Access to the internet is important for getting current up to date information about the Coronavirus and available resources and supports. It is also important for many students who will be doing homework at home and/or distance learning projects and for staying connected to family, friends, and loved ones. For information about companies who are offering free or discounted internet access, visit the following:

- Comcast: <https://comca.st/2w5Oopc> or call (1-855-846-8376) to confirm eligibility and apply.
- COX: <https://www.cox.com/residential/internet/connect2compete/covid-19-response.html>
- Spectrum: <https://www.spectrum.net/support/internet/covid-19-internet-offer-students/>

**Adobe Creative Suite and Portfolio:** <https://www.adobe.com/covid-19-response.html>

Adobe is providing free at-home access to its Creative Suite to students whose schools (both K-12 and higher education) provide lab access on campus. This resource is available through May 31 and can be accessed by requesting it from your school (some not all universities/college campuses)

**Adobe Portfolio:** <https://portfolio.adobe.com/start>

College students can also take advantage of Adobe Portfolio, the website-building software designed for creating online portfolios. This offer is separate from the Creative Suite, includes unlimited pages and hosting, and is available for 60 days

#### Video Conferencing

There are multiple software's available and many are giving complimentary access to premium services as students are required to go digital. As you start setting up virtual meetings for group projects, or if you just want to check in with friends and family, look into Google Hangouts Meet, Zoom, and Adobe Connect. \*Note zoom downloaded directly through university/college campuses do not have time or capacity limitations

#### Online Library Resources

Although many public libraries are closed temporarily, their online options are still active and accessible. Don't have a library card? Use the Libby by Overdrive mobile app to get an instant library card and access thousands of free ebooks and audiobooks. You can also access free books, movies, software, and more from libraries around the world through Internet Archive.

#### SoftMaker Productivity Suite

SoftMaker Office is essentially a Microsoft Office alternative, and for the next six months, they're offering free access to their entire suite to students of all ages. Plus, they've made it clear that this resource will be maintained throughout the length of the pandemic, so the offer may be extended if needed.

### Health and Fitness Resources

Your health is extremely important, and it's easy to let it fall to the wayside when you're cooped up at home. The following fitness companies are just a few who are providing free access to their resources to help you maintain your physical and mental health while social distancing.

- [At-home workout videos](#) from Gold's Gym through May 31.
- [Nightly workouts](#) on the Planet Fitness Facebook page.

- [Online yoga classes](#) from Core Power Yoga.
- [Yoga, HIIT, and barre classes](#) via Down Dog fitness mobile apps through July 1.

## Additional Resources

### **Federal Student Aid Response to COVID-19**

To provide relief to student loan borrowers during the COVID-19 national emergency, federal student loan borrowers are automatically being placed in an administrative forbearance, which allows you to temporarily stop making your monthly loan payment. This suspension of payments will last until Sept. 30, 2020, but you can still make payments if you choose. Visit, <https://studentaid.gov/announcements-events/coronavirus> for more information.

### **San Diego State University: Economic Crisis Response Team (ECRT)**

Provides students with assistance during a crisis. Visit <https://sa.sdsu.edu/ecrt>

### **U-Haul 30-Day Storage**

The moving and storage company is providing [30 free days of self-storage](#), subject to availability, to college students who have been impacted by COVID-19. This offer includes free usage of U-Box portable moving and storage containers.