

# 18 Tips for Postsecondary Students Navigating COVID-19



Dear Vermont students,

We know the COVID-19 outbreak has brought uncertainty, anxiety, and instability to your lives. All the while, you are expected to quickly adapt to new learning environments and take care of your health. This is no small task. **The good news is that you have support.** Explore the resources below to find out how to make this all just a little bit easier, and [visit our website](#) for additional resources.

## MAKING ENDS MEET

Receive temporary income by applying for [unemployment insurance](#) and a \$600 benefit

Student parents can apply for assistance through [WIC](#) or [Reach Up](#)

Contact your financial aid office regarding [emergency aid programs](#)

Learn about [stimulus rebates](#) and file your tax returns for [tax refunds](#) (explore these tax credits: [AOTC](#), [LLC](#), [EITC](#), and [VHEIP](#))

Learn more from [VSAC](#) about grant and student loan assistance, plus other helpful resources

## SECURING FOOD AND HOUSING

Apply for [3SquaresVT](#) benefits to help pay for food (expanded access during COVID-19 emergency)

Find a [food bank near you](#) and call to learn about their current services

Students formerly in foster care can contact your local [Youth Development Program](#) coordinator

Students returning to an unsafe home environment can [get help](#)

## MAINTAINING YOUR HEALTH

Learn about COVID-19 in Vermont through [official updates](#) and [multilingual videos](#)

Access online [mental health](#) and [addiction support](#), and [practice self-care](#)

If uninsured, explore [Medicaid](#) or [Vermont Health Connect](#) (expanded access during COVID-19 emergency)

Practice social distancing, wash your hands, and stay in touch with loved ones

## LEARNING REMOTELY

Find a [free, public WiFi connection](#) that you can access from within a vehicle in the parking lot

Explore [special connectivity options](#) from internet, cable, and mobile carriers

Find [online educational resources](#) to support online and remote learning

**Stay connected** by reaching out to your teachers, advisers, and mentors often

Discover [tips and tricks for success](#) in an online course