



## Academic

- [Millikan Tutoring](#)
- [Canvas](#)
- [Khan Academy Tutoring](#), click courses (Math, History, Science, AP)
- [Advanced Placement \(AP\) Support](#)
- [Math Support](#) aligned with your textbook:
  - [Instructional Videos](#) (select Common Core)
  - [Worked solutions for odd # problems](#)
- [State Test Prep \(SBAC\)](#)



## College/Career

- [Millikan College and Career Center](#): college applications, scholarships, financial aid, work permits and more.
- [Transcripts](#)
- [Research Colleges, Careers and Majors](#) and take assessments to find your match:
  - [californiacolleges.edu](http://californiacolleges.edu)
  - [cacareerzone.org](http://cacareerzone.org)
  - [bigfuture.collegeboard.org](http://bigfuture.collegeboard.org)
  - [roadtriplnation.com](http://roadtriplnation.com)
- [SAT Test Prep](#)
- [ACT prep](#)



## Enrichment

- [Dual Enrollment at Long Beach City College](#)
- [CSULB Ethnic Studies Courses](#)
- [Personal Finance Course](#)
- [Long Beach Public Library](#)
- [Volunteer Opportunities](#)



## Personal/Social

- [Join a Club](#)
- [Growth Mindset Course](#)
- [Human Relations & Social Justice](#)
- [Decision-Making](#)
- [Dealing with Anxiety](#)
- [Time Management](#)
- [LGBTQ Resources](#)



## Crisis

- [Suicide Prevention](#) - call 1-800-273-8255
- [Crisis Text Line](#) - Text HOME to 741741
- [Behavioral Health Urgent Care Center](#): (562) 548-6565
- [Care Solace](#) (for mental health referrals)
- [Millikan Wellness Center](#): Room 703, 8:15-4:00pm M-F
- [Millikan Counselors](#): 8:00-4:30pm M-F, (562) 425-7441

- [Family Resource Centers](#)
- [Grief Support](#)
- [Community Resource Guide](#)
- [Drug & Alcohol Resources](#)
- [Food Banks & Resources](#)
- [Vaping & Tobacco Resources](#)