



# WEBSITES & RESOURCES FOR STUDENTS & PARENTS



## COLLEGE & CAREER

The following are great sources if you are interested in taking a virtual college campus tour, looking up majors, tuition prices, take an Interest Inventory, research majors, and so much more.

- <https://www.californiacolleges.edu/#/>
- <https://www.cacareerzone.org/>

## SOCIAL MEDIA

The following are social media assistance websites for parents:

- <https://smartsocial.com/>
- <https://www.apa.org/topics/social-media-internet/social-media-parent-tips>
- <https://kidshealth.org/en/parents/monitor-media.html>

## RELAXATION

The following are websites to assist with stress/anxiety. They include art therapy, music therapy, relaxation techniques, etc:

- [https://docs.google.com/presentation/d/1-6nTHBVMt8SxAKow5L5jGkOTMfV\\_OT-R-pY5Wiwi4Yo/edit?usp=sharing](https://docs.google.com/presentation/d/1-6nTHBVMt8SxAKow5L5jGkOTMfV_OT-R-pY5Wiwi4Yo/edit?usp=sharing)
- <https://kidshealth.org/en/teens/center/stress-center.html?WT.ac=ctg>
- <https://sites.google.com/apps.district279.org/virtualcalmingroom/visual-relaxation?authuser=0>
- <https://intuitivecreativity.typepad.com/expressiveartinspirations/100-art-therapy-exercises.html>

## HELP HOTLINE

If you are experiencing a mental health crisis or are having thoughts of self harm, please call or text **988**

[https://988lifeline.org/utm\\_source=google&utm\\_medium=web&utm\\_campaign=onebox](https://988lifeline.org/utm_source=google&utm_medium=web&utm_campaign=onebox)