

WE PRESENT TO YOU...

THE MULTICULTURAL AND FIRST GENERATION STUDENT SUPPORT ONLINE RESOURCE GUIDE

Find Resources
such as

Mental Health Tool Box
Essential Apps for
Students
Time Management and
Motivation



MULTICULTURAL &
FIRST GENERATION
STUDENT SUPPORT
OF CLARK UNIVERSITY



Created by Adriana Diaz '22

Calm

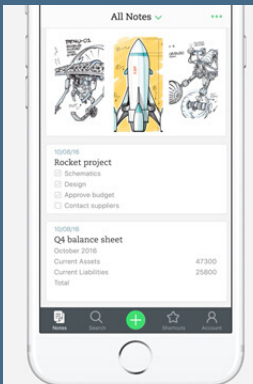
Teaches mindfulness, has sleep stories & guided meditation

Learn the life-changing skill of meditation

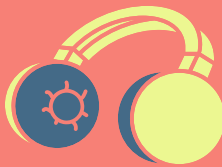


Evernote

an app designed for note taking, organizing, task management, and archiving



ESSENTIAL APPS FOR STUDENTS



24Me

Your calendar, to-do lists, personal accounts, and notes are centralized in one place

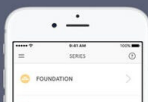
Headspace

Popular mobile meditation apps, offers numerous guided meditations

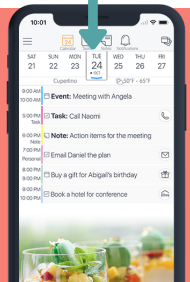
Meditation made simple.



Focus on what matters to you.

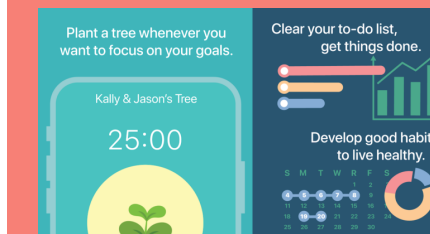


Learn in just 10 minutes a day.



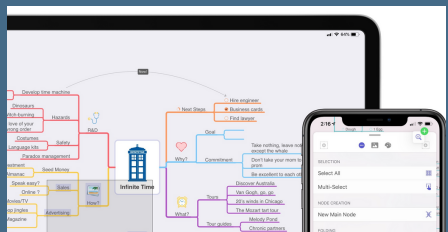
Forest (Paid)/Flora (Free Version)

'plant' a tree and watch it grow as you stay focused



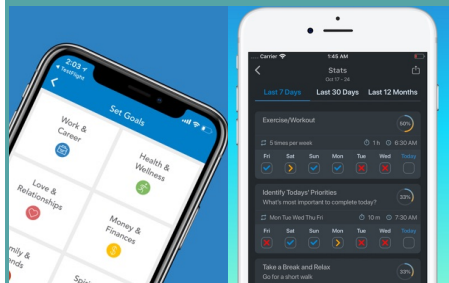
Mindnode

organize task lists and ideas in a visual way



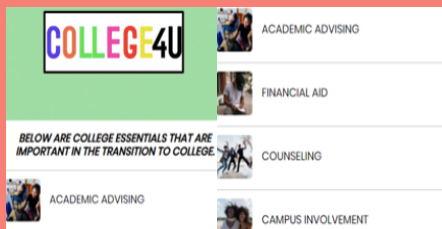
Success Coach

set longterm goals and establish new habits



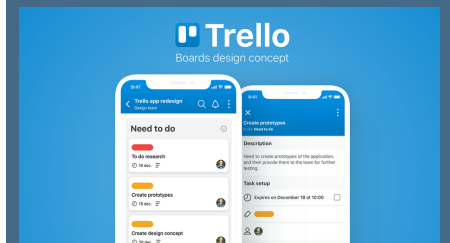
College 4U

resources for first generation & prospective college students about navigating college



Trello

great for organizing plans and projects, visuals look like Pinterest



Problem Steps Recorder

take screenshots and create step-by-step instructions to walk someone through a task



TIME MANAGEMENT AND MOTIVATION

Apps...

Procraster

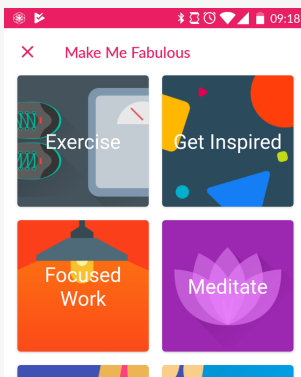
"My project is too big," "I don't know where to start," Choose one and Procraster responds with some sage advice about your problem



Motivate: Daily Motivation



Fabulous: Self Care



Articles...

How To Stay Motivated When You're Not In the Mood To Do Anything



Understanding and Overcoming Procrastination

Podcasts...

Freakonomics
Radio podcast:
Save Me From
Myself



Freakonomics
Radio podcast:
When Willpower
Isn't Enough

Tips...

Time Management Tips



Write down your 3
Most Important
Tasks each day.



Set a power hour
and eliminate
distractions.



Use a timer to
get started.



Assess the
amount of
time
needed.



Time
block
your time.

Mental Health Tool Box: Insightful Reads

Click on the following links!

[How to Respect & Celebrate
Native American Cultures](#)

[A Guide to Allyship](#)

ALANA
Student
Health and
Allyship

[The Key To Unlocking the
Power of Diversity](#)

[How do you handle a
racist joke?](#)

[Facts about Latinos &
Mental Health](#)

[Mental Health Stigma
Among Latinas](#)

Latin X
and Black

[Racism and Anxiety: A
Mindfulness & Acceptance
-Based Coping Approach](#)

[Racism and the Invisible
Struggle of Mental Health
in the Black Community](#)

[Common Fears about
Therapy in the AAPI
community](#)

[Together
Empowering Asian
Minds \(TEAM\)](#)

Muslim
and Asian

[Video: Mental Health
Under the Weight of
Islamophobia](#)

[Video: I'm Muslim, But
I'm Not...](#)

[Click Here for more information and insightful
videos on Clark CPG's Mental Health Tool Box page](#)

Inspiration

First Gen inspiration

Watch Video: [What I have learned as a first-generation college student | Lyric Swinton | TEDxUofSC](#)
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Great Books to Keep You Going!

-Yo!, by Julia Alvarez.

**-A Hope in the Unseen:
An American Odyssey from the
Inner City to the Ivy League, by
Ron Suskind.**

-Homecoming, by Cynthia Voigt.

[Click here to find more!](#)

"I am not a
product of my
circumstances.
I am a product
of my decisions."

- Stephen R. Covey

Virtual Study Tips!

**Watch Video: tips for
online classes / remote
learning**



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**Watch Video: How to study/work
from home successfully- 8 TIPS**



**Inspirational Instagram
Accounts!**

@skipthesmalltalk - motivational
content and opportunities to
connect with new people.

@thegoodquote - content that
advocates for mental health and
self development

#collegestudentmemes for
hilarious posts!

Journaling



**Day One - Private and
customizable journaling app**

**Calm App - 7 day Mindfulness
Journal Exercises**

Journal Prompts
Thought Provoking Prompts from
The New York Times

There are always great tools online to stay motivated & keep yourself busy!