

Thornton Fractional District 215

Student Support Resources

24 hour Hotlines

[University of Illinois Youth Hotlines](#) - various 24-hour self-help phone numbers (Spanish speakers available)

Corona Virus Information

[Center for Disease Control and Prevention \(CDC\)](#)

[Cook County Department of Public Health Coronavirus](#)

[Illinois Department of Public Health Coronavirus Updates](#)

[Environmental Cleaning and Disinfection Information](#)

[Steps to Prevent Illness](#)

[Coronavirus Symptoms](#)

[What To Do If You are Sick](#)

[Know the Facts About COVID-19](#)

Mental Health Practice During COVID-19 Outbreak

[Mental Health Considerations During COVID-19 Outbreak](#)

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

[Coping with Stress During COVID-19 Outbreak](#)

[Taking Care of Your Mental Health](#)

[Coloring Pages \(Print or Color Online! Check it out!\)](#)

Naviance Career Exploration

[Login to Your Naviance Account](#)

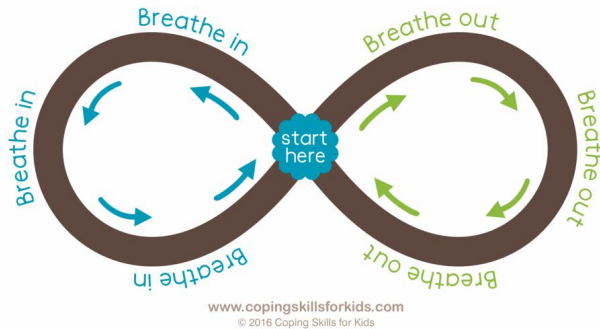
[O*Net Occupation Finder](#)

Personal Care

- Mindfulness

Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



- [Simple Habit App](#)
- [Calm App \(Apple\)](#) [Calm App \(Android\)](#)
- [Progressive Muscle Relaxation](#)
- [Meditation Breathing](#)

SAT Preparation

[Khan Academy Test Prep](#)-login in with your north id number and birthdate

[College Board SAT Prep Practice Tests](#)

[Princeton Review SAT Prep Practice Tests/Events](#)

[Kaplan SAT Prep](#)

[Magoosh SAT e-Book](#)

Social Emotional Learning Links

[Therapy Worksheets](#)

[Curriculum](#)

[Social Emotional Worksheets](#)

Student Athlete Information

[NCAA Eligibility Center Login](#)

[NAIA Eligibility Center Login](#)

Tutoring for Various Subjects

[Khan Academy Math Help](#)

[Khan Academy Science Help](#)

[Khan Academy History Help](#)

[Khan Academy English/ Grammar Help](#)

Study Skills

- [Study Skills Guide](#)
- [Top 10 Study Skills](#)
- [Easier Study Sessions](#)
- [9 Scientific Study Tips](#)

Parent/Guardian Resources

- [Talking to Your Children About COVID-19](#)
- [Illinois State Board of Education Resources on CoronaVirus](#)
- [Parent/Guardian Guide to Help Cope with COVID-19 \(English Version\)](#)
- [Parent/Guardian Guide to Help Cope with COVID-19 \(Spanish Version\)](#)

AP Preparation

[Kaplan AP Prep](#)

[Khan Academy AP Prep](#)

[AP Practice Tests](#)

[Bulletin for AP Students & Parents \(English Version\)](#)

[Bulletin for AP Students & Parents \(Spanish Version\)](#)