

Health Based:

- Basic Nutrition: [healthline](https://www.healthline.com/)
- Exercise: [cdc.gov/physicalactivity](https://www.cdc.gov/physicalactivity/)
- Substance abuse: [canr.msu.edu/resources](https://www.canr.msu.edu/resources)
- Importance of sleep: [https://newsinahealth.nih](https://www.newsinahealth.nih)

Career Based:

- Resume building: [indeed.com/career-advice](https://www.indeed.com/career-advice)
- Interviews: [indeed.com/career-advice](https://www.indeed.com/career-advice)

Productivity:

- Time management: [summer.harvard.edu](https://www.summer.harvard.edu)
- Short and long-term planning: [clockify.me/blog/managing-tasks](https://www.clockify.me/blog/managing-tasks)

Student Interactions:

- Making friends: [betterhealth.vic.gov.au](https://www.betterhealth.vic.gov.au)
- Conflict with roommates: [sparkadmissions.com/blog](https://www.sparkadmissions.com/blog)

Life Skills and Employment:

- Money management: [moneyhelper](https://www.moneyhelper.com/)
- Preparing meals: [themodernp](https://www.themodernp.com/)
- Federal Work-Study program: [studentaid](https://www.studentaid.gov/)

Mental Health:

- Suicide prevention: [https://afsp](https://www.afsp.org/)
- Sexual harassment: [rainn](https://www.rainn.org/)
- Pet therapy: [https://superiorland](https://www.superiorland.com/)