



Think



Build



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SUCCESSTM

**STUDENT
SURVIVAL
GUIDE**

Disclaimer: The material contained in the *TBLS Resource Guide* has been prepared for convenience of reference only. This guide is not intended to be a comprehensive or detailed statement of benefits or services and is also not intended to give professional or any other kind of advice.

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EDUCATIONAL RESOURCES

COMPUTER TRAINING CLASSES

Computer Training Schools

www.computertrainingschools.com

This site will help you locate schools in your area that teach more advanced computer skills, from specific programming software all the way through Master's degree programs.

GCF LearnFree

www.gcflearnfree.org

Create a free account for unlimited access to a wide range of online computer classes. Click on "Computer Training" and "Online Classes" to view what computer skills and programs are offered.

To purchase and/or download training software, CDs, or videos for a variety of computer programs, try these sites:

Apex Wed Media:

www.computer-training-software.com

Video Professor:

www.videoprofessor.com

EDULEARN:

www.edulearn.com

ESL CLASSES

English Club

www.englishclub.com

Lessons, games, videos, an online community, and an international directory of English language schools all make this a great resource for English language learners. Some services do require a free membership.

Kaplan English Programs

(800) KAP-TEST (527-8378)

www.kaptest.com/kep_domestic.jhtml

With branches located across the nation, *Kaplan* offers English classes from beginner to advanced, private tutoring, and a *TOEFL* preparation course.

STUDENT RESOURCE CENTERS

Adult Student Center

www.adultstudentcenter.com

An online resource for those going back to school or just beginning their higher education. Check out inspirational articles on their "Women's Page," and utilize their resources to develop study skills, build your support network, and more.

Adult Student.com

www.adultstudent.com

A companion website to the popular handbook *The Adult Student's Guide to Survival & Success* by Al Siebert and Mary Karr. Useful articles and resources, on everything from note-taking to developing goals, will help you learn effectively and succeed both in school and in life.

FedEx Office (formerly *Kinko's*)

www.fedex.com/us/office/

Provides paid access to computers, internet, and a wide range of printing services. Enter your zip code to find the location nearest you.

NCES Search for Public Libraries

<http://nces.ed.gov/surveys/libraries/librarysearch/>

Your local library not only has the reference materials you need, it may also offer free tutoring, classes, and computers for community use. A service of the *National Center for Education Statistics*, go to the site above and enter your address to find a public library near you.

WorldCat

www.worldcat.org

WorldCat allows you to search the world's libraries for any book, DVD, CD, or article.

TUTORING/STUDY RESOURCES

Craigslist

www.craigslist.org

Craigslist is a community-based classified site that includes online discussions, lists of available jobs and housing, and can even help you find a study partner in your area. After choosing your location from the cities listed on the right-hand side of the page, click on "Groups" (under the "Community" heading), and browse or search using keywords (e.g. "study," "tutor," or your subject matter). If you don't see what you're looking for, click on "post" in the top right corner, and create an ad for others to

respond to. Please remember to use caution when meeting people online.

E-Tutor

(877) 687-7200

www.e-tutor.com/adult.php

Offers one-on-one online help for students K-12, including adult students interested in securing a high school diploma or GED. Take classes in math, language arts, science, social studies and, as part of a collaboration with *Rosetta Stone*, even a foreign language. Rates for high school classes begin at \$139/month for your first subject plus \$45/month for each additional subject. Reduced rates are offered for longer-term study.

Flash Cards Study Partner

www.virtualstudypartner.com

This downloadable computer program allows you to customize digital flash cards with words, images, and sounds, and then uses them to test you. Free demo, \$2.95 to purchase.

Google Groups

<http://groups.google.com>

Browse by category or search by keyword for a group that suits your study needs, or create a *Google* account and start a new group.

Tutor Quest

http://tutorquest.net/find_a_tutor.htm

Enter your location, your area of study, and your grade level (Pre-school to College Graduate) to find a tutor near you.

Yahoo! Groups

<http://groups.yahoo.com/>

Use keywords to find a study group already in existence, or start your own (with a *Yahoo!* account).

PRACTICAL RESOURCES

NOTE: Included in the listings below are many private, non-profit, and government programs. These organizations are here to help; don't be shy about calling or writing an email to ask for further assistance. Remember that this list is not comprehensive, and there may be other resources available to you. If you're not finding what you need, try entering different combinations of keywords into your search engine. You might also try visiting www.govbenefits.gov, a partnership of federal agencies that connects people to government services. Search benefits by state or category, or fill out their anonymous questionnaire to find out which programs might be available to you.

AFFORDABLE CLOTHING

Dress for Success

(212) 532-1922

www.dressforsuccess.org/

Dress for Success is a non-profit organization that partners women with a "Coach/Personal Shopper" who will help you prepare for your interview and fit you for a free business outfit to wear. To utilize their services, you need to bring with you a referral from a non-profit or government agency. Once you've gotten a job, they will give you up to an additional week's worth of professional clothing. Find a location near you by scrolling through the "Select Affiliate" tool on the right-hand side of the page.

Also try these options for quality second-hand clothes:

Goodwill

<http://locator.goodwill.org/>

National Thrift Store Directory

www.thethriftshopper.com

The Salvation Army

www.saltruck.org

CHILD CARE

Child Care Aware

(800) 424-2246

www.childcareaware.org/en/

The parent's section of *Child Care Aware* offers tools and information to help you evaluate your child care options, and choose the one that's right for your family. Enter your zip code into the "Child Care Connector" and contact one of the referral organizations near you to receive information on local child care providers, learn about state licensing, and find access to available subsidies.

Head Start/Early Head Start

(866) 763-6481

<http://eclkc.ohs.acf.hhs.gov/hslc/AboutHeadStart> *Head Start* (for students in elementary school) and *Early Head Start* (for children up to 3 years old) are government-mandated programs that, through grants to collaborating organizations, provide supplementary services to economically disadvantaged students, including free meals and tutoring, as well as before- and after-school programs. Find out more by browsing through the links on the left-hand side, or find a site near you by visiting: <http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices>

National Child Care Connection

www.nationalchildcareconnection.com

Enter your zip code or city/state to find detailed information (including licensing, hours, and prices) about child care facilities or providers in your area.

National Child Care Information and Technical Assistance Center

<http://nccic.acf.hhs.gov/index.cfm>

Each state in the U.S. offers subsidies to help make quality child care available to everyone. If you need assistance paying for child care, visit the above site and click on "State and Territory Resources" to find information for your state. To find contact information for your state's office,

enter “child care and development fund contacts” into the search box top-right, and click on the first result that comes up.

YWCA

(202) 467-0801

www.ywca.org

The YWCA is dedicated to empowering women, and recognizes the importance of quality child care for working families. Click “I Need Help” on the left-hand side to learn more about what to ask when looking for child care, see available options at the YWCA, and access the full list of services they offer (e.g. emergency shelter, job training, racial justice). Scroll over “Find YWs” in the header, and click on “local associations” to find a branch near you.

CHILDREN’S MEDICAL SERVICES

American Academy of Pediatric Dentistry

(312) 337-2169

www.aapd.org/finddentist/

After accepting the terms and conditions on the above page, enter your zip code to find a pediatric dentist in your area.

American Academy of Pediatrics

(847) 434-4000

www.aap.org/referral/

After accepting the terms and conditions on the above page, search by last name, city, zip code, area code, or specialty for a pediatrician in your area.

Children’s Health Insurance Program (CHIP)

(877) KIDS-NOW (543-7669)

www.insurekidsnow.gov

Click the links on the left-hand side to learn more about *CHIP*, a state and federal partnership to provide children’s insurance for families who cannot purchase private health insurance, but exceed the income requirements for *Medicaid*.

The program is administered by the states, each of which has its own set of requirements. Find local resources at any time by clicking on “Providers in Your State” in the left-hand sidebar. Learn more about the many resources available through *CHIP* here: www.cms.hhs.gov/home/chip.asp

Family Voices

(888) 835-5669

www.familyvoices.org

A national non-profit organization dedicated to helping families find quality, affordable health care for children with special needs through a wealth of tools and resources. Check out the many helpful articles on their website, and find an office in your state by clicking on “State FV” in the header.

National Association of Children’s Hospitals and Related Institutions

(703) 684-1355

www.childrenshospitals.net

To find a children’s hospital near you, simply select from a list of facility types and states, or click “Additional Criteria” for further qualifications.

Shriners Hospital for Children

(800) 237-5055

<http://shrinershq.org/Hospitals/Main/>

Shriners Hospital for Children is a national system of free hospitals for children (up to 18-years-old) with orthopedic conditions, burns, spinal cord injuries, and cleft lip and palate. Visit their website, or call the number above to reach the patient referral line.

EMPLOYMENT/CAREER SERVICES

America’s Job Bank

www.jobbankinfo.org

While the major operations of this site are now defunct, clicking on your desired U.S. state will take you directly to whatever local job resources are available in that area.