Counseling and Psychological Services
COVID-19 & Students with Limited Financial Resources

Unique Challenges to Consider
Students with financial burdens and limited family resources are in particularly stressful positions right now. With the global impact of COVID-19 on the economy, you are likely needing to re-evaluate priorities and next steps.

Tips to Try

- Make sure to check in with your student loan lender about changes to repayment requirements given the COVID-19 crisis as many are offering accommodations.

- If needed, make sure to also check your state’s unemployment benefits as most have expanded.

- While your chosen future plans and job prospects may be negatively impacted, many fields and companies are seeing an increased demand for their products or services as a result of the crisis. Make sure to search very broadly in major search engines, such as Indeed, LinkedIn, Monster, SimplyHired, etc.; as well as Career Services - GWU.

- Many organizations are offering free or highly discounted training online that could boost your resume and advance your career. Keep a lookout!

Re-evaluation does not equal failure!

- You may have had plans that fell through, a job offer rescinded, a graduate program delayed. While it is healthy to let yourself feel disappointment and fear, try not to personalize these global issues to your own actions or self-worth.

- Take a moment to lay out your values and priorities, to include physical health, mental health, financial health, relationships, etc. List some ideas for each area of priority that you do have control over right now and identify realistic action steps.

COVID-19 Resources & Support

- For some immediate financial and housing resources, check out the GW Student Association’s COVID-19 Resources & Support website SA-GWU, which has links to:
  - The GW CARES Student Assistance Fund
  - A GW Student Mutual Aid Spreadsheet
  - DC’s Mutual Aid Spreadsheet