

EMPLOYMENT and EDUCATION RESOURCES TO EXPLORE

Several of these will only be free for a few months

FREE online Courses

Interior Design

Discover classes on **Interior Design**, 3D Modeling, 3D Rendering, and more. Get started on Style Your Space: Creative Tips and Techniques for **Interior Design Online Interior Design** Classes | Start Learning for **Free** | Skillshare
<https://www.skillshare.com/browse/interior-design>

American Society of Interior Designers

- Free online courses/resources through April 30th
<https://learn.asid.org/>

Numerous Course Subjects

<https://www.lifewire.com/free-online-classes-for-adults-2996977>

Free Online Classes for Adults: Develop new skills, strengthen your resume, or change careers

<https://blog.coursera.org/coursera-together-free-online-learning-during-covid-19/>

Coursera is making a selection of courses completely free for anyone, anywhere so it's easier to keep learning. While many courses on Coursera are already available for free without a certificate, this promotion enables you to not only access lectures and quizzes, but also to **earn a free certificate for courses** that offer them. Offer available **through May 31, 2020**, with more details available in the links below.

<https://www.futurelearn.com/courses>

Join millions of people learning on **FutureLearn**. Find **online courses** and degrees from leading universities or organisations and start learning **online** today. ... Trying to keep boredom at bay while in **coronavirus** lockdown? Try out an **online course** to discover a new hobby, learn a new language, or even change career. ... View all **free online courses**.

A Few Examples:

- <https://www.futurelearn.com/courses/improving-study-techniques>
Study techniques
- <https://www.futurelearn.com/courses/how-to-start-your-career-in-games-development>
Start your career in games development
- <https://www.futurelearn.com/microcredentials/digital-photography>
Creating a portfolio – digital photography
- <https://www.futurelearn.com/courses/supporting-individuals-with-health-conditions-into-work-delivering-ips>
Supporting people with finding work who have health conditions
- <https://www.futurelearn.com/programs/thrive-at-home>
Thrive at home during COVID-19

Harvard Courses (some free and some cost \$)

<https://online-learning.harvard.edu/>

Stanford University Free Courses

<https://online.stanford.edu/free-courses>

Examples of courses:

- Love as a force for social justice
<https://online.stanford.edu/courses/sohs-y0004-love-force-social-justice>
- Online Jamming and concert technology
<https://online.stanford.edu/courses/sohs-music0001-online-jamming-and-concert-technology>
- Identifying early signs of psychosis
<https://online.stanford.edu/courses/som-ycme0035-identifying-early-signs-psychosis-adolescents-and-young-adults>

Explore Your Creativity – Free Courses

<https://www.skillshare.com/>

Skillshare is a learning platform with online classes taught by the world's best practitioners. Personalized, on-demand learning in design, photography, illustration, video, freelancing, and so much more. Try something new! Reviews seem to suggest the courses are basic, which means many people can enjoy them. *“At Skillshare, we’ve seen again and again how the seemingly simple act of creating can be a force for growth, change, and discovery in people’s lives. We want to inspire and*

multiply the kind of creative exploration that furthers expression, learning and application.” This site also offers the opportunity to get paid to teach your individual skill.

Entertainment Industry

<http://www.magnumco.com/learning/every-free-event-technology-training-class-tutorial-and-workshop-being-offered-during-covid-19-updating/>

Magnumco (Lighting, Production, Engineering, Sound Systems, etc – great time to get free exposure to how these systems work for entry level to experienced)

The Event Technology industry is really pulling together during this downtime, and one of the brightest beacons during all of this is the efforts being made to help those in our industry learn as much as they can while being isolated.

Computer, Technology, and Internet Related Courses

Basic Tablet, iPhone, Computer, Windows, and Keyboarding Skills

<https://edu.gcfglobal.org/en/>

Improve Typing Skills

<https://www.typingtest.com/>

<https://sense-lang.org/typing/tutor/keyboarding.php>

Technology Skills (more advanced learner)

<https://www.pluralsight.com/offer/2020/free-april-month>

To help you be productive, make progress toward your goals or build skills toward a new career, **Pluralsight** is making all 7,000+ expert-led video courses completely **free for the month of April**.

Technology Skills (IT Training Certificates Available – Free Courses)

<https://www.oracle.com/corporate/blog/free-certifications-oracle-oci-autonomous-033020.html>

Oracle University will provide users with free access to an extensive library of materials for Oracle Cloud Infrastructure and Oracle Autonomous Database, as well as content related to topics such as data science, machine learning, and multi-cloud environments such as integration with Microsoft Azure.

Starting now, any user, including developers, technical professionals, architects, students and professors, will have quick and easy access to more than 50 hours of online training and 6 certification exams through May 15, 2020.

SQL (Structured Query Language) – Used for updating or retrieving data from database.

<https://learnsql.com/blog/online-education-in-the-times-of-covid19/>

Free courses on SQL

Coding

https://pro.codecademy.com/learn-from-home/?utm_source=contentful_banner&utm_medium=referral&utm_campaign=learn_from_home

Codecademy is an academy for coding. They are offering 10,000 scholarships for students affected by COVID-19 (*full – no longer available but they are looking to expand access*)

Programming

<https://blog.udacity.com/2020/03/one-month-free-on-nanodegrees.html>

Udacity is a website for anything programming. They have a free nanodegree program for everyone. You get a month free access to their nanodegree courses.

At Udacity, we've crafted our entire learning platform to be **the fastest, most effective way to learn employable job skills in the careers of the future.**

Normally, it takes four to six months (at about 10 hours a week) on our platform to learn a high-tech skill like machine learning, data analytics, software development, digital marketing, product management, or software development for self-driving cars.

If you can devote more time, you can learn one of these **employable** skills in as little as a month — and that month is on us.

So, take this crazy, unsettling time to cram for your new, high-paying job. It's free.

Search Engine Optimization (SEO) Training

<https://academy.moz.com/>

SEO is a Digital Marketing Strategy which involves technique and tactics to find sites easily by increasing the number of visits to the sites and to rank in

highest position among millions of organic search results. Many companies now have a “SEO strategy” as part of their business planning.

Blogging Skills

<https://ahrefs.com/academy/blogging-for-business>

Learn how to grow your blog past 100K monthly visitors and turn thousands of your readers into paying customers. This is a good tool for bloggers as it contains many premium tools that are now available for free thanks to the COVID-19 pandemic.

FREE Grade School and High School and College Level Classes

Scholastic

There is no signup required and the website is accessible on all devices with an internet connection. Simply choose the appropriate grade level and you can get started on a variety of subjects including social-emotional classes.

<https://classroommagazines.scholastic.com/support/learnathome.html>

School Courses that are more interactive

<https://outschool.com/>

Outschool which has been used for homeschooling, tutoring and extracurricular activities since 2015, is offering \$300,000 worth of free classes — up to \$100 per family. They have more than 10,000 live, online classes for ages 3-18 conducted via video chat. Classes are all taught by a qualified teacher and include courses in subjects such as math and English. People can also learn to bake, get instructed in video game design, and take health and wellness classes.

Outschool is a marketplace of live online classes for kids ages 3-18. Classes meet in small groups over live video chat where students are safely connected with teachers and classmates who share their interests. These classes are offered through our marketplace and conducted on our remote learning platform, powered by [Zoom](#). Outschool says they are also in need of more teachers because of increased demand. They're looking for a whopping 5,000 teachers right now, so if you are qualified and out of work because of any of the closures around the country, you may want to look into [signing up](#).

Khan Academy

[Khan Academy](#), a nonprofit organization with free educational resources for kindergarten through 12th grades, will be having live streams on [Facebook](#), [YouTube](#) and [Twitter](#) every weekday at 12 p.m. EST for students, parents and teachers navigating school closures.

They have created multiple guides, including [daily schedules for students ages 4-18](#). You'll also find [daily lessons](#) covering everything from core curriculum classes to computer animation and SAT preparation.

Openstax

For anyone looking to further their education, [OpenStax](#) has free online homework products and openly licensed digital textbooks that are available to anyone, anywhere.

A nonprofit educational initiative based at Rice University, Openstax includes books in math, science, social studies and more.

Prodigy Math

[Prodigy](#) is an online math program that uses adaptive [video game](#)-style lessons to help motivate students at the first through eighth grade math levels. Users create characters and conquer challenges while doing math along the way, making it clearly more fun than just opening up a textbook. *You will need to create an account, but it is free.*

Mystery Science

[Mystery Science](#) is offering a number of free memberships for up to one year. They have lessons on a variety of science-related topics for class levels kindergarten through fifth grades.

Some might be interesting and timely right now — like “How do germs get inside your body?” and “How does hand sanitizer kill germs?” Video lessons are complemented by hands-on experiments and downloadable activities.

Languages

www.duolingo.com With a free mobile app or website and a few minutes a day, anyone can learn another language with Duolingo. Learn 30+ languages online with bite-size lessons based on science.

Educational Brief Talks

<https://www.ted.com/talk>

Visit [TEDEd](#), which offers high-quality, brief, influential videos from expert speakers on education, business, science, tech and creativity, with subtitles in 100+ languages. Ideas free to stream and download.

Arts and Crafts and Music

Piano Lessons - Free

In response to the COVID-19 crisis, we at **Skoove** are making some of our premium content available for free to help those who may be struggling during these difficult times. We hope we can make your time spent at home more enjoyable with music.

<https://www.skoove.com/blog/covid-19/>

Music

[Song Maker](#) - A quick and fun way to let out some noise while on your computer. Song Maker lets you easily construct songs, play them back, and remix them.

Guitar, Bass, Ukulele – 3 months Free

<https://try.fender.com/play/playthrough/>

Fender play is offering 3 months of free guitar, bass and ukulele lesson. This lesson is available for the first 500,000 signups. Hurry and get it.

Drawing

- [Google Doodles](#) - We've all seen the Google Doodles that appear during special events or to honor specific people. This is the archive that you can get lost in.
- [20+ YouTube Channels to Learn How to Draw for Free](#)
- [Learn to Draw Anything with These Handy Online Resources and Books](#)
- [Learn How to Draw a Horse Head From 3 Different Angles](#)
- [Learn How to Draw a Magical Unicorn in 6 Simple Steps](#)
- [How to Draw a Dragon With These Easy Step by Step Instructions](#)
- [Learn How to Draw Any Type of Human Nose With a Few Simple Steps](#)
- [Perfect Your Portraiture by Learning How to Draw a Face Step by Step](#)
- [Learn How to Draw Human Hands With This "Handy" Step by Step Guide](#)
- [Step-by-Step Doodle Tutorials Make Complex Subjects Easy to Draw](#)
- [Learn How to Draw a Dog with This Simple Step-by-Step Sketching Guide](#)
- [Follow These 4 Easy Steps to Sketch Any Landscape You See](#)

Photography

- [18 Best Online Photography Classes Guaranteed to Improve Your Creativity](#)
- [Learn Photography With 99 Hours of Free Online Lessons From School of Visual Arts](#)
- [Annie Leibovitz Is Teaching Her First Ever Photography Class, and Anyone Can Attend](#)

Embroidery

- [10+ Most Popular Embroidery Stitches You Can Learn for Free on YouTube](#)
- [15+ Hand Embroidery Patterns Ready to Download and Start Sewing](#)
- [How to Make Your Own Free Embroidery Pattern \(and Download Others for Free\)](#)

Knitting and Crocheting

- [20 Free Crochet Patterns You Can Start Stitching Today](#)
- [How to Crochet: Learn the Basics of This Time-Honored Handicraft](#)
- [10+ Popular Knitting Stitches You Can Learn for Free on YouTube](#)
- [Learn Amigurumi: The Adorable Art of Knitting and Crocheting Small Creatures](#)

Sewing

- [Here's Where to Find Thousands of Sewing Patterns for Fashion-Forward DIY](#)
- [Shibori Dyeing: How a Centuries-Old Japanese Art Is Still Used to Customize Cloth](#)

Coloring

Coloring is a meditative and soothing activity. Once you've had your fill of coloring, try zentangles—another practice that has you drawing calming patterns, too.

- [100+ Museums Turn Their Collections Into Free Downloadable Coloring Books](#)
- [Top 5 Places to Download Thousands of Free Adult Coloring Sheets](#)
- [Adults Are Filling Drawings with Calming Patterns Instead of Just Coloring Them In](#)

FREE Online Access to Museums, Nature, and Educational Resources

Ancestry – Free access to records

<https://blogs.ancestry.com/ancestry/2020/03/24/free-at-home-education-resources-from-ancestry-and-access-to-nearly-500m-national-archives-records/>

Ancestry is continuing to provide free online tutorials and video courses to help people get started with family tree building. We're also developing live learning sessions on our social channels for our community. The almost half a billion digitized and searchable records being made available to all for free are comprised of nearly 300 different collections, including ship passenger and crew lists, naturalization and citizenship records, immigration records, and key military collections such as WWI and WWII draft cards.

Nature

[Animal Cams](#) - Check out these amazing feeds! From jellyfish to an African watering hole.

Aquariums and Zoos: Live Feeds

- [Aquarium of the Pacific](#)
- [Monterey Bay Aquarium](#)
- [Maryland Zoo](#)
- [The National Aquarium](#)
- [San Diego Zoo](#)
- [Reid Park Zoo](#)
- [Woodland Park Zoo](#)
- [Smithsonian's National Zoo](#)

Museums with Free Virtual Tours

[The Louvre](#) located in Paris, is one of the world's largest art museums and offers free virtual tours of popular exhibits.

[The Solomon R Guggenheim Museum](#) located in New York offers a chance to view the collection and learn about the artist.

[The National Gallery of Arts](#) is located in Washington DC they offer both video tours and interactive activities.

The British Museum offers both [virtual tours](#) and also a chance to [view the collection online](#)

[Smithsonian National Museum of Natural History](#) is one of the most visited museums in the world and offers a room by room view of its exhibits.

NASA offers free virtual tours of the [Langley Research Center](#) and [Glenn Research Center](#).

The Dali Theater – Museum offers a virtual tour of the grounds and also a few exhibits

National Woman’s History Museum in Virginia provides access to [oral histories](#) and [online exhibits](#)

National Museum of the US Airforce offers [virtual tours](#) and the [museums podcast](#)

Google Art Project has partnered with over 1200 museums around the world to provide virtual tours to see the [featured locations](#) to see [all of the sites](#).

History Colorado offers a podcast that shares stories of travel across Colorado.

Virtual Museum Tour - Take a virtual tour of some of the world's greatest museums and heritage sites.

FREE Online access to movies

Kanopy, the free streaming service that lets you watch thousands of movies for free.

- [This Free Streaming Service Lets You Watch Over 30,000 Movies Just for Having a Library Card](#)

Entertainment: [Open Culture](#) - 1,000’s of movies for free, including classics, indies, film noir, documentaries and more.

Considering a Job, Education or Making a Few Extra Dollars?

Want to Explore a New Direction in Vermont?

<https://www.vsac.org/want-new-direction>

College & Career Pathways is a free program to help adults plan for education and training beyond high school. Are you an adult looking for a new direction in your work? You’re in the right place.

- 877-961-4369 statewide – make an appointment to learn more (it’s free)
- Free online videos to learn more: <https://www.vsac.org/plan/adult-learners>

- Navigating Your Way to a Better Job Through Short-Term Training and Apprenticeships
- Funding Your Certificate or Technical Training

Career Exploration/Assessments:

- **O*Net My Next Move:** <https://www.mynextmove.org/>
- **O*NET Interest Profiler:** <https://www.mynextmove.org/explore/ip>
- **Career OneStop: Skills Match:** <https://www.careerinfonet.org/skills>
- **CareerOneStop MySkillsMyFuture:** <https://www.myskillsmyfuture.org>
- **CareerOneStop: Interest Assessment:**
<https://www.careeronestop.org/Toolkit/Careers/interest-assessment.aspx>
(essentially the same as the O*Net Interest Profiler)
- **Career Scope:** <http://vri.org/> (requires access through a Career Counseling & Assessment Specialist in your local Voc Rehab office who can set you up with an account)
- **The Career Index/Plus:** https://www.thecareerindex.com/dsp_intro.cfm
- **Virtual Job Shadow:** www.virtualjobshadow.com (requires access through a Career Counseling & Assessment Specialist in your local Voc Rehab office who can set you up with a “staff account”.)
- **National Career Development Association: Internet Sites for Career Planning:** <https://www.ncda.org/aws/NCDA/pt/sp/resources>
- **One Stop Coach** - Explore career opportunities through active participation information gathering <http://www.onestopcoach.org/>
- **O*Net online:** <https://www.onetonline.org/>
- **Explore Work:** <https://explore-work.com/>

Work Preparation/Life Skills:

- **Video Modeling to Teach Interview Skills** – requires use of VidCoach App (free):
https://www.transitionta.org/system/files/resourcetrees/LP_VM_Interviewing.pdf?file=1&type=node&id=1516 This link is geared toward staff to help people prepare for interviewing. It is a young adult organization but it is a great tool for any of us.
- **How to keep a job:**
<https://escholarship.umassmed.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=1090&context=pib>

- **ODEP Skills to Pay the Bills:**

<https://www.dol.gov/odep/topics/youth/softskills/> The resources here are geared towards young adults but the topics are important for all of us.

Technology - Career Exploration

<https://www.education.ne.gov/wp-content/uploads/2017/07/InfoTech-1.pdf>

Online resource created in Nebraska (another rural state) – the learning/exercises can be done with person over the phone or 1:1 if in a residential setting. It is geared towards youth in school but easy enough to use for any of us looking to learn about the technology field. The exercises can be modified by staff – be creative! Includes virtual business tours in the technology field 😊

Virtual Business Sector Tours – Learn about Different Employment Types

<https://www.nebraskacareerclusters.com/>

Interviews: Each video contains interviews with employees, and business representatives discussing work requirements, education levels, salary and job prospects.

Virtual Tours: Experience virtual industry tours that provide a unique opportunity to get a glimpse inside Nebraska-based companies without leaving your home or classroom.

Information: Throughout the videos you will find valuable information regarding job markets, salaries, and educational requirements to help you identify a possible career path.

How to Earn Money When Not Working

- <https://www.earnmorelivefreely.com/17-ways-make-extra-income-even-with-fulltime-job/>

Explores 17 different ideas on how to make money from home and how to determine your interests/skills

- <https://www.lifehack.org/287158/12-ways-earn-money-without-being-employed>

Lists 12 different ideas – some require waiting until social distancing ends

- <https://www.nichepursuits.com/ways-to-make-extra-money-in-your-spare-time/>

23 ideas on how to make money – some are repeats from above, some clever

Resources to Explore for Securing Employment *with Supports*

Potential Workers

- <https://cpr.bu.edu/resources/employment/workers/>
 - Questions for potential and current workers from Boston University
- <http://www.tucollaborative.org/wp-content/uploads/2017/03/A-Practical-Guide-for-People-With-Mental-Health-Conditions-Who-Want-to-Work.pdf>
 - An excellent resource for self-guided approach to working/education. This is best printed and made available to read.
- https://ipsworks.org/wp-content/uploads/2017/11/Physical-Wellness-for-Work-Booklet_2016.pdf
 - Guide for working on physical wellness and employment from NJ
- <https://www.pathwaysrtc.pdx.edu/pdf/pb-What-Do-You-Want-To-Be.pdf>
 - Guide for exploring possible careers and entry points into employment
- <https://practiceinnovations.org/Products/Product/ips-employment-resource-book-english-pdf>
 - Columbia University's Center for Practice Innovations: Resource book which is best downloaded and printed for easier reading. The resource book is designed to help you think about working and guide you before, during and/or after your competitive employment job search. It will also help you move your life in a meaningful direction.
- http://www.mentalhealthworks.ca/wp-content/uploads/2015/09/CMHA_Steps_To_Employment.pdf
 - Provides steps to employment – helping you decide, working through fears & barriers, and offering steps to get to achieve employment.
- https://nyess.ny.gov/docs/we_can_work_bro_eng_%202nd%20edition_7-30-09.pdf
 - Employment workbook called, “WE Can Work” is a grassroots movement that aims to build hope and capacity among people with psychiatric disabilities in New York State to achieve meaningful employment and economic integration. Most of the content is relevant for those of us in VT.

Providers/Support Staff seeking more information

- <http://www.IPSworks.org>
 - Individual Placement and Support Center. Evidence-based supported employment website full of up to date information & research on the

most effective practice world-wide for helping people with jobs/careers.

- <https://ipsworks.org/wp-content/uploads/2017/10/Helping-Individuals-Consider-Employment.pdf>
 - Ideas for helping individuals consider employment
- <https://cpr.bu.edu/resources/employment/providers/specific-information/se>
- <https://cpr.bu.edu/resources/employment/providers/specific-information/>

Family Members who want to offer support with employment

- <https://cpr.bu.edu/app/uploads/2017/12/FAMILY-GUIDE.pdf>
- <https://www.nami.org/Blogs/NAMI-Blog/October-2019/People-with-Mental-Illness-Can-Work>
- <https://www.nami.org/Support-Education/Publications-Reports/Public-Policy-Reports/RoadtoRecovery>