



## Adulting 101

### Information Resources

- Google Scholar
  - <https://scholar.google.com>
- PubMed
  - <https://www.ncbi.nlm.nih.gov/pubmed>
- NCBI Bookshelf
  - <https://www.ncbi.nlm.nih.gov/books/>
- MEDSCAPE
  - <http://www.medscape.com/resource/public/residents>
- MEDLINE Plus
  - <https://medlineplus.gov/>
- World Health Organization Global Health Observatory
  - <http://www.who.int/gho/en/>
- National Institutes of Health Data Sharing
  - [https://www.nlm.nih.gov/NIHbmic/nih\\_data\\_sharing\\_repositories.html](https://www.nlm.nih.gov/NIHbmic/nih_data_sharing_repositories.html)
- U.S. Census Bureau Health Data
  - <https://www.census.gov/topics/health.html>
- Center for Disease Control
  - <https://www.cdc.gov/datastatistics/>
- Virginia Department of Health Data
  - <http://www.vdh.virginia.gov/data/>
- Directory of Open Access Journals
  - <http://bit.ly/2ozEzcV>

### Budgeting Resources

- Budget Calculator
  - <https://www.onemainfinancial.com/learn/financial-calculators/budget>
- Student Loan Repayment Scheduler
  - <https://navient.wealthmsi.com/loanrepay.php>
- Retirement Calculator
  - <https://www.nerdwallet.com/investing/retirement-calculator>
- Digit
  - <https://digit.co/>
- Acorns
  - <https://www.acorns.com>

### Voting & Government Resources

- Common Cause
  - [www.commoncause.org/take-action/find-elected-officials/](http://www.commoncause.org/take-action/find-elected-officials/)
- Democracy.io
  - <https://democracy.io>
- Countable
  - <http://www.countable.us>

### Habit-Forming Resources

- Habitica
  - <https://habitica.com>

## Advice from the Jefferson College Library Staff

“If you have to wonder if you **should** write a thank you card, write one.”

-Mary Catherine Santoro

“It’s never too early to start saving and investing.”

-Jamie Price

“If you live alone, keep sick supplies in your apartment at all times.”

-Mary Catherine Santoro

“Always save for a rainy day.”

-Christina LaFon

“Respect everyone, you never know how valuable that relationship will turn out to be.”

-Crystal Dent

“Don’t let your regrets paralyze you.”

-Mona Thiss

“Prospective employers **WILL** check your social media accounts.”

-Mary Catherine Santoro

“Stay (mentally) young forever.”

-Mona Thiss

“Find something (like an *awesome* pair of shoes) that makes you feel like an adult and use it as your visual protection against imposter syndrome.”

-Christina Manzo

“Also, never compare yourself to **anyone** on Pinterest. Embrace your inner-Pinterest Fail!”

-Christina Manzo