

COUGS SUPPORT

Covid has created unique challenges this semester, but Cougars care about each other! Hopefully this guide can help with creating a unique, but authentic #CofC experience



STUDENTS 4 SUPPORT
COLLEGE OF CHARLESTON



**WE AREN'T GOING
TO SUGARCOAT THIS.
WE ARE ALL GOING
THROUGH A HARD TIME.**

**LET'S GET THROUGH
THIS TOGETHER**

STUDENTS 4 SUPPORT

S4S strives to provide support to fellow students all the way from the unique challenges of College life to experiences like depression

Just text "4support" to 839863

12:00 pm - 9:00 pm Mon - Thurs

THE COUNSELING CENTER



Try Tao, Therapy Assistance Online
Group Support
Short-Term Counseling
Online appointment request:
counseling.cofc.edu

Wellness Programming available on
Cougar Connect

#CHECK5

COVID and distance learning have made it difficult to connect. Let's make a goal to #REACH OUT, #RECONNECT, and #ENCOURAGE each other!
Follow [connect2hope_cofc](#) on instagram
[College of Charleston Mental Health Education](#) on Facebook



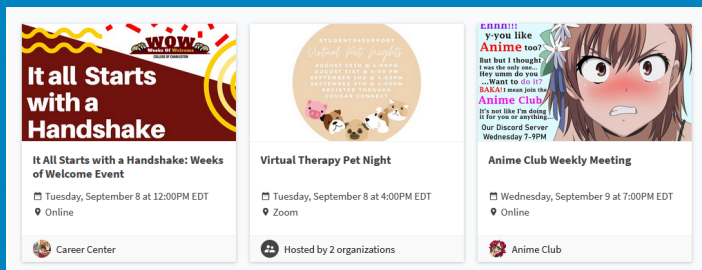
COUGS CONNECT

Covid has created unique challenges this semester, but we are committed to providing opportunities to connect!

Hopefully this guide can help with creating a unique, but authentic #CofC experience



COUGAR CONNECT



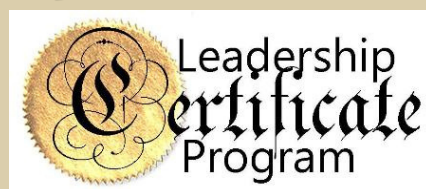
Time to reconnect with student organizations, find programs and activities through Cougar Connect, <https://cougarconnect.cofc.edu>. Search for online events, or select Online Location in the Event page to see which events are available Virtually this semester

**COUGAR ACTIVITIES BOARD
FOLLOW CAB ON INSTAGRAM
AND FACEBOOK**

**THURSDAY, FRIDAY, AND
SATURDAY EVENTS CAN BE
FOUND IN COUGARCONNECT**



LEADERSHIP
Higdon Student Leadership Center *CofC*



**SOPHOMORE LEADERSHIP CHECKLIST
LEADERSHIP COFC
LEADERSHIP CERTIFICATE**

**ALL OF THESE AVAILABLE THROUGH THE
HIGDON CENTER
[HTTPS://HIGDONCENTER.COFC.EDU](https://higdoncenter.cofc.edu)**

COUGS LEARN

Covid has created unique challenges this semester, but we are providing excellent ways to enhance your learning remotely! Hopefully this guide can help with creating a unique, but authentic #CofC experience



CENTER FOR STUDENT LEARNING

The CSL is offering its great services virtually
<https://csl.cofc.edu/>

Tutoring, Supplemental Instruction, 1.1 Skills Development, and Academic coaching are all AVAILABLE.
Be on the lookout for more info about CougarCountdown

ACADEMIC ADVISING & PLANNING CENTER

Visit advising.cofc.edu OR
Text "AdviseMe" to 85511 with all advising related questions



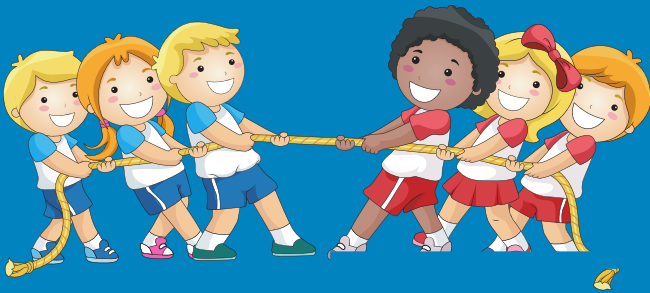
Save the Dates
FALL 2020

VIRTUAL CAREER FAIRS

Employer registration opens August 1st in handshake

- Sept. 22 Science, Engineering & Technology Career Fair
- Sept. 30 Business Career & Internship Expo
- Oct. 6 Government, Non-profit & Social Justice Opportunities Fair
- Oct. 14 Marketing, Communications & Creative Industries Fair
- Oct. 22 Graduate Programs & Professional Schools Fair

COFC CAREER CENTER (VISIT CAREERCENTER.COFC.EDU)
VIRTUAL CAREER FAIRS, CAREER ADVISING, AND RESUME SERVICES

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Visit

Visit

Workshop topics will vary, but we are committed to enhancing your well-being, especially during these difficult times. Stay tuned for more information about these workshops.

Please contact Bucky Buchanan at lbuchana@cofc.edu to sign up for the below workshops.



**CHECK OUT IMLEAGUES FOR MORE
VIRTUAL FITNESS OPPORTUNITIES**

**JOIN LAUREN TOMORROW
FOR EARLY MORNING YOGA**

**EVERY TUESDAY AND THURSDAY
AT 8:00AM VIA ZOOM!**

**SIGN UP ON
IM LEAGUES TO
GET THE LINK**



You're Not Alone...



Zoom Online Drop-In Meetings for
Quarantine & Isolation Students

Tuesday's 5–7pm

Wednesday's 9–11pm

Questions or Concerns? Reach out to
Student Affairs 843–953–5522

Join other students to talk, do
homework, or be together