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

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

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.
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.

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 CONNECT**

COUGAR ACTIVITIES BOARD  
FOLLOW CAB ON INSTAGRAM AND FACEBOOK

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

**LEADERSHIP**

SOPHOMORE LEADERSHIP CHECKLIST  
LEADERSHIP COFC  
LEADERSHIP CERTIFICATE

ALL OF THESE AVAILABLE THROUGH THE HIGDON CENTER  
HTTPS://HIGDONCENTER.COFC.EDU
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

COFC CAREER CENTER (VISIT CAREERCENTER.COFC.EDU)

VIRTUAL CAREER FAIRS, CAREER ADVISING, AND RESUME SERVICES
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**INTRAMURALS**

Visit [https://www.imleagues.com/School/Registration](https://www.imleagues.com/School/Registration) to learn more about Virtual IM Experiences for the semester.

**WELLNESS WEDNESDAY’S**

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.

**COFC FITNESS**

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