Students focus on being tobacco-free
Smoking cessation classes and other wellness workshops help USC students remain dedicated to a tobacco-free lifestyle. The vast majority of USC students report abstaining from cigarette use for at least the past 30 days. In fact, 59% report that they have never smoked cigarettes.

USC students report healthy lifestyles
62% of USC students describe themselves as having very good or excellent health. The University provides services to support students’ healthy lifestyles, including wellness facilities and healthy dining options.

Students engage in exercise to improve physical health
Nearly half of all USC students report engaging in vigorous exercise three or more days per week.

Many utilize University wellness facilities for their physical activities. The Strom Thurmond Wellness and Fitness Center welcomes more than 450,000 visitors each year.

Responsible behavior a priority for USC students
USC students exhibit responsible behavior, with more than 73% reporting the use of a designated driver when consuming alcohol.

Focus on nutrition helps students establish healthy eating habits
USC students value nutrition as part of their healthy lifestyles. Nearly 31% report eating the recommended servings of fruits and vegetables each day.

USC students take advantage of the University’s mental health support
Good mental health is an important component of a balanced lifestyle. 19% of USC students attend counseling sessions for assistance in managing depression. The USC Counseling and Human Development Center (CHDC) provides support for more than 1,800 students each academic year.
The Healthy Carolina initiative reflects USC’s commitment to the health and wellness of the University community. Here are just a few of the programs and services available to USC students.

**Student Health Services**

USC Student Health Services provides on-campus medical, mental health, ancillary and wellness services for students. The Thomson Student Health Center, Health & Wellness Programs, the Counseling and Human Development Center and the Office for Sexual Health and Violence Prevention strive to provide students the care they need to maintain a healthy lifestyle.

To find out more, visit www.sa.sc.edu/shs or contact the Student Success Center at (803) 777-6084.

**My Student Body**

Student health has a significant impact on academic and personal success in college. The MyStudentBody education modules, sponsored by Healthy Carolina, provide students with information about managing stress, building healthy coping strategies, developing a positive body image and addressing concerns about nutrition and overall physical fitness.

For more information on MyStudentBody or to access the modules, visit www.sc.edu/healthycarolina/msb.html.

**Wellness and Fitness Centers**

The Blatt P.E. Center and Strom Thurmond Wellness and Fitness Center are great resources for students striving for a healthy physical lifestyle. The P.E. Center and Wellness Center offer an array of recreational amenities and facilities to all USC students.

For more information on the Strom Thurmond Wellness and Fitness Center, visit http://sts.sc.edu.

For information on the Blatt P.E. Center, visit http://campusrec.sc.edu/blatt.

**STAR Program**

The Students Tackling Academic Recovery (STAR) program is designed specifically for students identified as scholastically deficient. As part of USC’s Student Success Center, STAR assists students wishing to improve their academic performance and helps students create a strategic plan for academic success.

To find out more, visit www.sa.sc.edu/ssc or contact the Student Success Center at (803) 777-6084.

**Alcohol & Drug Programs**

The Office of Alcohol & Drug Programs (ADP) strives to actively promote low-risk behaviors and healthy choices about the use of alcohol and other drugs. ADP provides both preventive and educational services, as well as substance-free events for USC students.

To find out more, visit www.sa.sc.edu/adp or contact the Office of Alcohol & Drug Programs at (803) 777-7719.

**Career Center**

The Career Center provides programs and services to enhance the career development of USC students. Services include counseling and testing to assist students in career goal clarification along with opportunities to gain career-related experience, as well as resources to help students explore career goals, develop marketable skills and make contact with potential employers.

To find out more, visit www.sc.edu/career or e-mail career@sc.edu.

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The University of South Carolina is an equal opportunity institution.