Students cite succeeding academically as their greatest concern

When anticipating the transition to college, students worry most about succeeding academically at USC. This is a larger concern than social and financial issues combined.

Added semester stress exacerbates existing student issues

At the end of the semester, an increased number of students experience added stress from final exams, semester deadlines and relationship issues with family and significant others.

Often these stressors affect other conditions like anxiety and depression.

Exams challenge students’ best work

USC students report that semester exams and tests throughout the school year challenge them to do their best work.

63.5% of students estimate their chances are very good that they will earn an A or B average.

USC provides support for students both in and out of the classroom.

Often the biggest stressors for USC students involve balancing non-academic responsibilities with academics. However, students agree that the University not only provides academic support, but emphasizes support for students outside the classroom as well.

Faculty are a valuable resource for students experiencing stress

The Counseling and Human Development Center and the Thomson Student Health Center rely on professor referrals in addressing individual student issues.

Students who may need additional support from professional staff may have:
- Emotional distress during class
- Sudden decline in grades
- Excessive class absenteeism

Students use numerous strategies to counteract end-of-semester stress

- Academic Support Services
- Stress relief workshops
- Extra assistance from professors
- Group study sessions

CIRP, 2005; CSEQ, 2003
These are just a few of the programs and services provided by departments in the Division of Student Affairs to help students successfully transition through end-of-semester stress. Please consider referring students to these programs.

De-stress for Success Workshops
The end of the semester and final exams week can be a difficult and stressful time. “De-stress for Success” workshops are offered daily throughout exam week to provide a few minutes of relaxation to help students recharge and focus. Workshops take place in the Russell House.

For more information, please contact Trina Isaac at isaacTR@gwm.sc.edu or 803-777-5223.

Student Success Center NEW!
Newly opened in October, the Student Success Center enables students to take advantage of a variety of academic support services. Conveniently located on the mezzanine level of the Thomas Cooper Library, the Center will include a new ACE site, SI opportunities and tutoring services in both writing and math. Services will continue through exam week.

To find out more, visit www.sa.sc.edu/ssc or contact Dr. Chrissy Coley at ccoley@gwm.sc.edu.

Supplemental Instruction
An academic success program designed to support students in historically difficult classes, SI helps students through peer instruction and mentorship and collaborative learning strategies. SI leaders offer three weekly sessions that integrate what to learn with how to learn.

For details, visit www.sa.sc.edu/supplementalinstruction.

Academic Centers for Excellence
At the Academic Centers for Excellence (ACE), peer and graduate student tutors help students improve their academic success by offering four major services: academic skills consultations, writing consultations, math tutoring and online learning inventories. The centers are conveniently located for students in Bates House, Columbia Hall and Sims residence halls. A new ACE has recently opened this fall in the Thomas Cooper Library as part of the Student Success Center.

To find out more or to schedule an appointment, visit www.housing.sc.edu/ace.

Counseling Center Workshops
The Counseling and Human Development Center (CHDC) offers a variety of support groups and workshops geared toward helping students cope with stress effectively. The “Self-Hypnosis Group” and “Biofeedback” sessions teach students stress reduction through relaxation techniques. The CHDC also offers “Outreach Presentations” for professors and academic departments to use in the classroom.

For more information on group or individual sessions, please contact the CHDC at 803-777-5223.

Wellness and Fitness Centers
The Blatt P.E. Center and Strom Thurmond Fitness and Wellness Center are both resources for students who may need a more physical outlet for end-of-semester stress. Health and wellness are important components of collegiate success. The Blatt and Strom Thurmond offer a variety of recreational amenities and facilities to all USC students year round.

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

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

For your reference file. For additional copies, please call Maegan Gudridge at 777.4172 or e-mail gudridge@gwm.sc.edu.