Students identify New Year’s resolutions for 2007
In 2007, USC students plan to make New Year’s resolutions to improve financial, personal and academic wellness.

Top 6 resolutions for 2007
- Save money
- Exercise regularly
- Lose weight
- Eat right
- Improve study habits
- Increase community involvement

USC assists students in achieving their personal goals
The University was cited as a valuable support system in providing assistance to students. The majority of students agree that USC offers resources, programs and support to aid students in achieving personal goals.

Personal goals influential to resolutions
85.7% of USC students feel that a desire to achieve personal goals contributed to their creation of resolutions for 2007. Other contributing influences include suggestions from peers and family members.

Top 5 long-term goals for USC students
- Obtain financial stability
- Raise a family
- Provide assistance to others in difficulty
- Achieve occupational success
- Participate in community action
These are just a few of the programs and services that may help students successfully achieve their New Year’s resolutions. Please consider referring students to these programs.

For more information contact us at:
www.sa.sc.edu
p 803.777.4172
f 803.777.9354
studentaffairs@gwm.sc.edu

Comments
Your comments and suggestions for future issues of “Causerie” are welcome. Please e-mail studentaffairs@gwm.sc.edu.

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**Student Success Center**

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 includes a new ACE site, SI sessions and tutoring services in both writing and math.

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

**Community Service Programs**

An important characteristic of every Carolinian is a commitment to others and to community. Community Service Programs (CSP) provides students with a variety of ways to get involved in both the University and Columbia community. Service projects include Service Saturdays, Alternative Break Trips and the MLK Day of Service. Other opportunities for student involvement include student service organizations and the Carolina Service Council.

For more information on service opportunities, visit www.sa.sc.edu/communityservice.

**Healthy Carolina**

Introduced in spring 2006, Healthy Carolina is a University-wide initiative to improve the health and well-being of USC students, faculty and staff. Through research and assessment, Healthy Carolina guides the development of new wellness programs and policies that complement USC’s outstanding health-related services and research.

For health tips and a comprehensive list of ways to maintain a healthy academic, social and emotional lifestyle, visit the Healthy Carolina Web site at www.sc.edu/healthycarolina.

**Wellness and Fitness Centers**

Health and wellness are important components of collegiate success. The Blatt P.E. Center and Strom Thurmond Wellness and Fitness Center are great resources for students striving for a healthy start to the new year. The P.E. Center and Wellness Center offer an array of recreational amenities and facilities to all USC students year-round.

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

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

**Campus Recreation**

The Office of Campus Recreation provides a range of recreational programs and services to USC students. Students can participate in intramurals, sports clubs, Adventure Trips and a variety of exercise and fitness classes.

For more information about Campus Recreation services, visit http://campusrec.sc.edu.

**Carolina Collegiate Credit Union**

For students focusing on financial stability and money management in the new year, Carolina Collegiate Credit Union (CCCU) offers helpful tips designed specifically for college students. Their Web site guides students in designing a customized budget, managing credit cards and more.

For more information, visit the “Student Services” links at www.carolina.org.

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