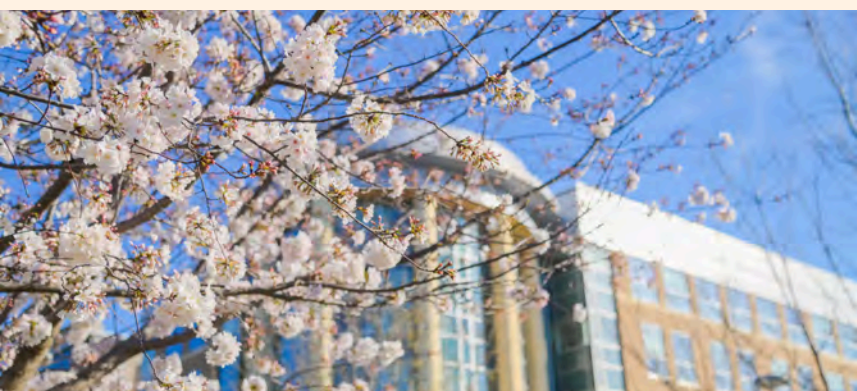




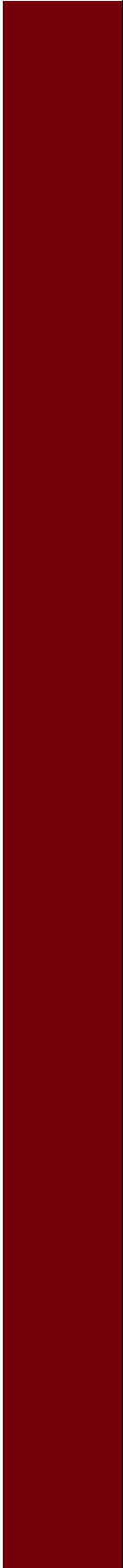
**Arnold School of
Public Health**
UNIVERSITY OF SOUTH CAROLINA



GRADUATE STUDENT WELCOME GUIDE

**Department of Health Promotion,
Education, and Behavior**

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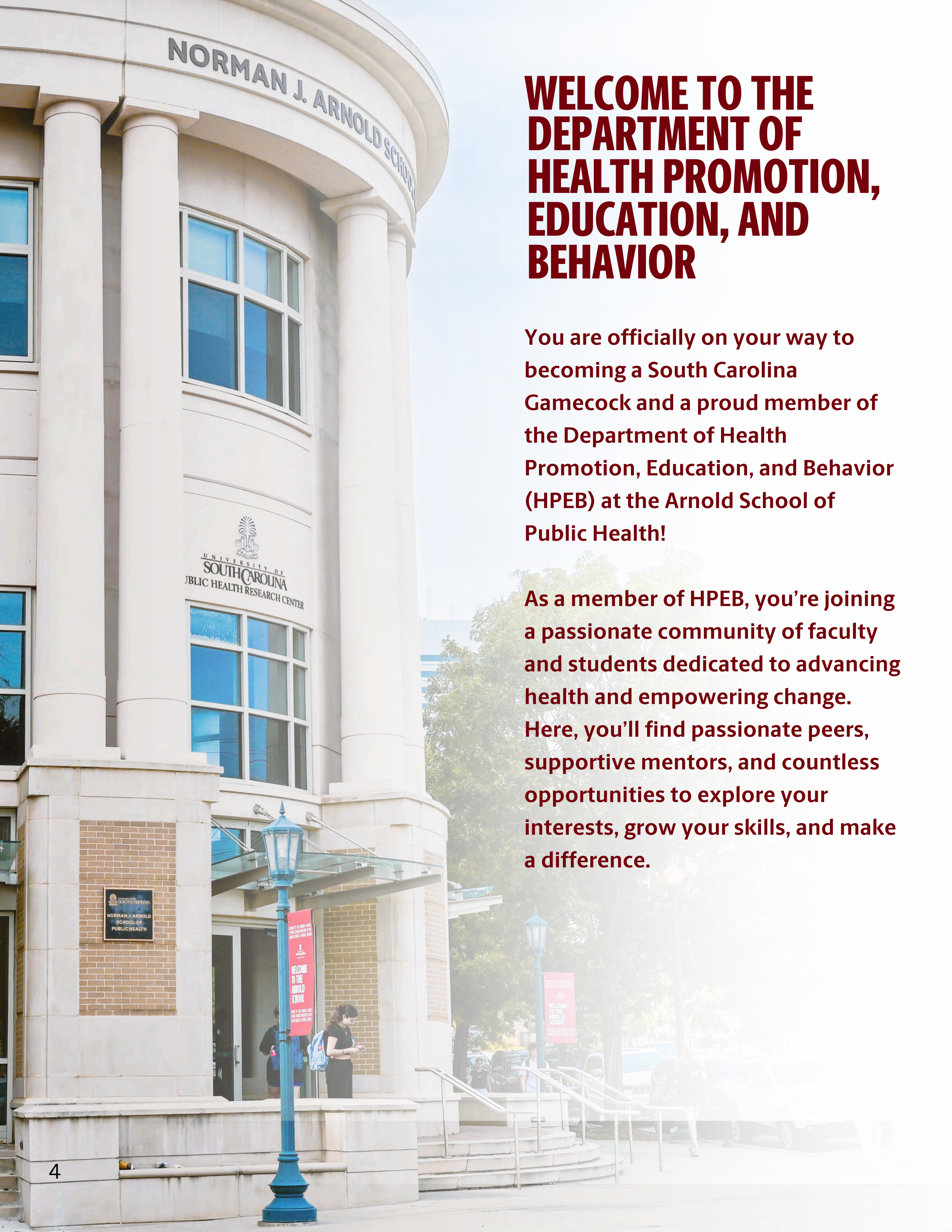
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WELCOME TO YOUR NEW ACADEMIC HOME!

The only
**ACCREDITED
SCHOOL OF PUBLIC
HEALTH IN SOUTH
CAROLINA**

TOP 25
**BEHAVIORAL &
SOCIAL SCIENCES
PROGRAMS IN THE U.S.A**





NORMAN J. ARNOLD SCHOOL

WELCOME TO THE DEPARTMENT OF HEALTH PROMOTION, EDUCATION, AND BEHAVIOR

You are officially on your way to becoming a South Carolina Gamecock and a proud member of the Department of Health Promotion, Education, and Behavior (HPEB) at the Arnold School of Public Health!

As a member of HPEB, you're joining a passionate community of faculty and students dedicated to advancing health and empowering change. Here, you'll find passionate peers, supportive mentors, and countless opportunities to explore your interests, grow your skills, and make a difference.

GET TO KNOW COLUMBIA

Experience all the adventure, art, and history you could ever want in Columbia, South Carolina. The region is known for friendly faces with different experiences and interests, yet all have a common love for our city. It's also full of hidden gems — the local favorites and off-the-beaten-path discoveries — that draw people here.

BUSTLING DISTRICTS

From Five Points to the Vista, to the nation's best Farmer's Market, to campus life, you'll find what you need in Columbia! Explore trendy coffee shops, nightlife, new restaurants, and street festivals year-round.

ENTERTAINMENT

From year-round street festivals to world-renowned concerts and performances in our city's venues, you'll find plenty of things to keep you busy after classes.

COLUMBIA RIVERWALK

Spanning 12 miles, the Columbia Riverwalk is a popular place for people to jog, walk their dogs, have picnics, tube down the river in the summer, and listen to music at the riverside amphitheater.

NATURE

A short drive from Columbia, you can explore the Congaree National Park, which is home to synchronized fireflies and the tallest loblolly pine in the world. Be sure to explore nearby Harbison State Forest or USC's own 10-acre Arboretum.



AN INSIDER'S GUIDE TO COLUMBIA



BY BRIA SINGLETON
MPH STUDENT IN HPEB

"Explore the unlimited opportunities at the University of South Carolina to make your experience your own."



COLONIAL LIFE ARENA (CLA) – HOME OF THE NATIONAL CHAMPIONSHIP-WINNING SC WOMENS BASKETBALL TEAM AND SC MENS BASKETBALL TEAM. SERVES AS A VENUE FOR CONCERTS, SPORTING EVENTS, AND MORE!



THINGS TO EXPERIENCE IN OR NEAR COLUMBIA

- Enjoy a "Saturday in South Carolina," cheering on the USC football team at Williams-Brice Stadium or tailgating at the fairgrounds
- Attend the annual South Carolina State Fair to try fair foods and fun rides
- Go to the Soda City farmers market on Saturdays, ranked as the best in the nation
- Celebrate at the Annual St. Pat's Day festival event in Five Points
- Catch the Columbia Food & Wine Festival in April
- Kick off the Winter season at Vista Lights and Wild Lights at Riverbanks Zoo to celebrate the holidays
- Explore Saluda Shoals, where you can kayak, bike, walk the trails, and celebrate with holiday events

WILLIAMS BRICE STADIUM (WILLY B) – HOME OF THE SOUTH CAROLINA GAMECOCK FOOTBALL TEAM AND SERVES AS A VENUE FOR CONCERTS, SPORTING EVENTS, AND MORE!

GO TO A GAME OR A CONCERT!

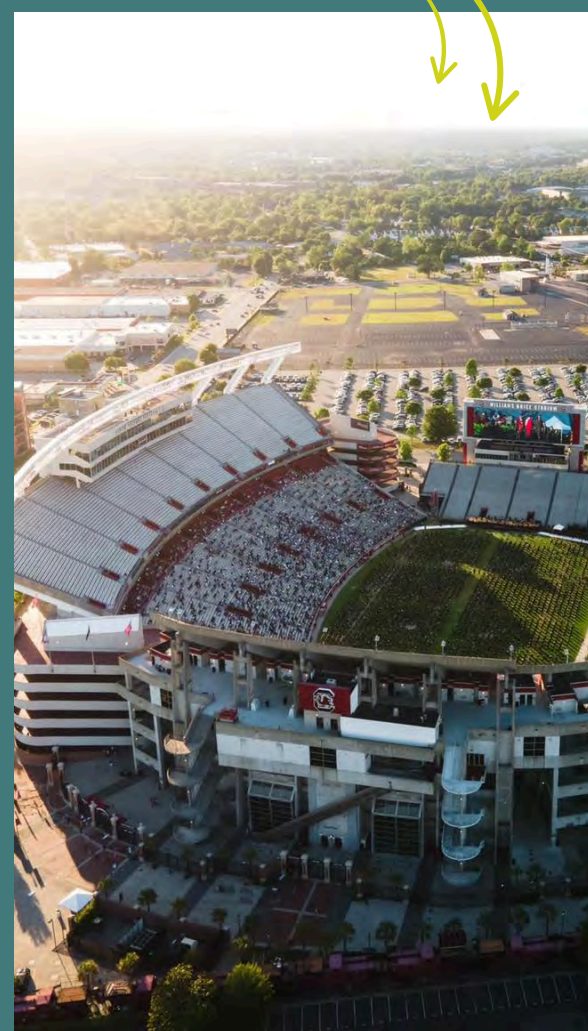
USC graduate students taking at least 1 credit hour who have paid the athletics event fee receive free tickets to these sporting events!

Women's Sports

Basketball
Beach Volleyball / Volleyball
Cross Country
Equestrian
Golf
Soccer
Softball
Swimming & Diving
Tennis
Track & Field

Men's Sports

Baseball
Basketball
Football
Golf
Soccer
Swimming & Diving
Tennis
Track & Field



HPEB'S RECOMMENDATIONS

PLACES TO
EAT & DRINK

\$ = <\$20
\$\$ = \$20-\$30
\$\$\$ = \$30+

ASIAN

- Menkoi Ramen \$
- FuruSato Bento \$
- Boku \$\$
- Kao Thai \$\$
- MOA Korean BBQ \$\$\$

ITALIAN & PIZZA

- Mellow Mushroom \$
- Za's on Devine \$
- Il Giоргione \$\$\$

AMERICAN

- Old Chicago \$
- Thirsty Fellow \$
- Jack Browns \$
- California Dreaming \$
- Market on Main \$\$
- Saluda's \$\$\$

SANDWICHES

- DiPrato's \$
- Andy's Deli \$
- The Gourmet Shop \$

BREWERIES

Columbia Craft: Near the Discovery Building. Food truck on site, and don't miss their popular music bingo on Wednesday nights.

Steel Hands: Huge outdoor space, extensive menu, and frequent live music.

Savage Craft: Lovely courtyard and rooftop with a more upscale menu (but don't miss their burger deal on Mondays and be sure to try the amazing pretzel).

Bierkeller: Authentic German-influenced biergarten adjacent to the Columbia Riverwalk.

Hunter-Gatherer at the Hangar: Located in an old airplane hangar with great pizza.



VEGETARIAN

- The Hoot \$
- Peace of Soul \$
- Publico \$
- Coa Agaveria y Cocina \$\$

BARBEQUE

- Palmetto Pig \$
- Home Team BBQ \$\$
- City Limits \$\$

COFFEE SHOPS

- Bitty & Beau's \$
- Sweetwaters \$
- Azalea Coffee Bar \$
- Piecewise Coffee Co. \$
- SmallSUGAR \$
- Cool Beans \$
- Indah \$

HPEB'S RECOMMENDATIONS STUDENT LIFE

"Serving on the HPEB Student Engagement Committee has been an incredibly rewarding experience. It has strengthened my connections with both peers and faculty in HPEB, and I've enjoyed helping plan social events that bring our department together to relax and connect!" – Ally Hucek, Doctoral Candidate

CAMPUS ORGANIZATIONS

Check out the more than 650 campus organizations, find out about upcoming events, or message club leaders. Search by topic, purpose, events, or group names to get connected all year long: garnetgate.sa.sc.edu. The Graduate Student Association (GSA) is an organization just for grad students. HPEB specifically offers a Student Engagement Committee (SEC) with subgroups that support community service, professional workshops, and many more student activities.

ARTS & ENTERTAINMENT

Just off campus is an entire city's worth of art, exhibits, culture, film, and events that grow with every passing day. Columbia boasts professional and community fine arts organizations, three ballet companies, a National Medal-level art museum, an art house cinema, and dozens of theatres, including the country's oldest community theater building in continuous use. It's an arts scene that values artists and accessibility.

SPORTS AND OUTDOORS

Our on-campus fitness centers offer a world of fitness options. Incorporate weight and cardio equipment, group exercise classes, indoor and outdoor pools, a 52" climbing wall, indoor track, and much more into your daily routine.





HPEB'S RECOMMENDATIONS

TRAVEL

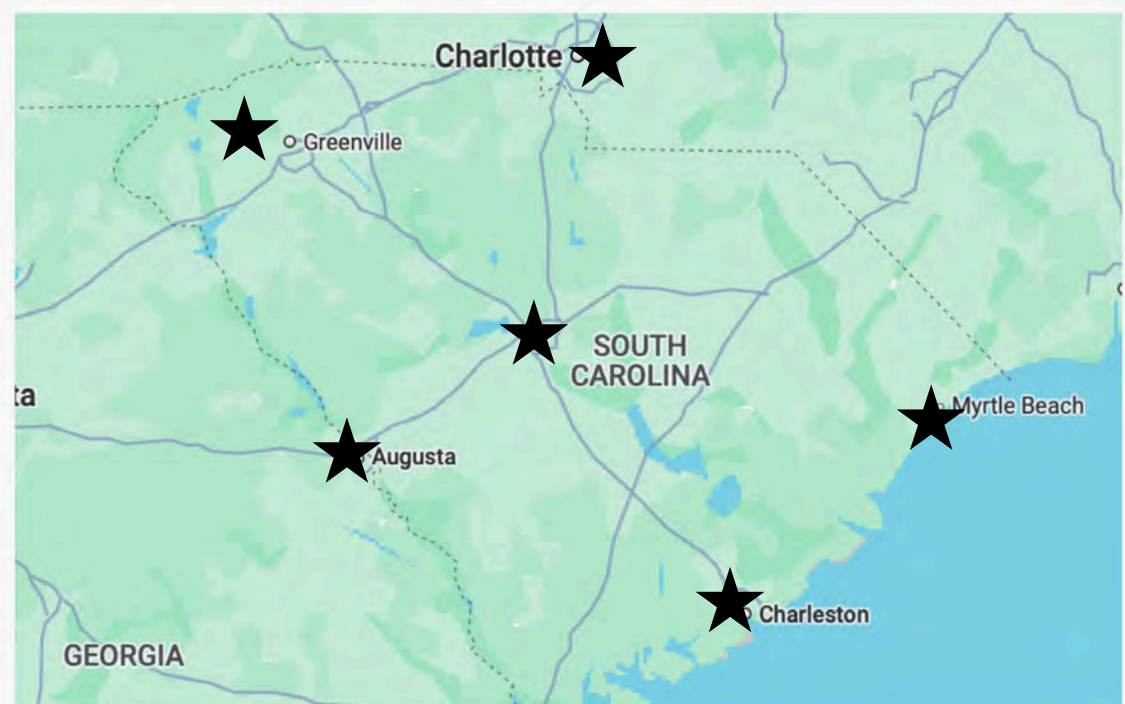
- Catch a flight out of Columbia Metropolitan Airport (6 miles away) or Augusta Airport (69 miles away).
- Check Charlotte Douglas International Airport (85 miles away) or Hartsfield-Jackson Atlanta International Airport (197 miles away) for flights that are typically cheaper and offer more direct options.
- If you use Charlotte Douglas International Airport, you can take advantage of the [Columbia Charlotte Shuttle](#) that will take you to the airport from any Columbia location, or deliver you to campus, or another Columbia location, from the airport.
- Travel to nearby beaches in Myrtle Beach, SC (125 miles away), Hilton Head, SC (158 miles away), Charleston, SC (106 miles away), or Wilmington Beach, NC (177 miles away).
- Visit the mountains in Greenville, SC (98 miles away), or Asheville, NC (140 miles away).
- Take a train from the Amtrak Train Station in Columbia, SC.



MYRTLE BEACH, SC



NORTH CAROLINA



HOUSING

THINGS TO CONSIDER

- Will you be able to afford rent for the duration of your lease?
 - Having roommates offers cheaper rent than living alone. Check the USC website for access to a roommate messaging board or the USC Housing Facebook page for more information on housing and finding a roommate.
- What is included in your rent? Are all utilities included, or do you have to pay extra, and how is that cost spread amongst a unit?
- Does your rent include a utilities cap? If not, can you afford to pay for utilities if you exceed your cap?
- How long is your commute to campus? Can you afford to pay for gas and parking?
- Is walkability important, and what is available and accessible in the surrounding area?
 - Are you near any grocery stores or restaurants?
- Does your off-campus community provide a shuttle to and from campus?
- What will food, school supplies, and books cost? How do these factor into your other living costs?
- Will your residence be furnished, or will you have to purchase furniture? If the apartment or house is furnished, is there an associated fee for it?
- If the apartment is partially furnished, what furnishings are included? What furnishings will you need to purchase for yourself?



WHERE TO SEARCH

Check platforms like GarnetLiving, ApartmentFinder.com, ApartmentList.com, Zillow.com, Trulia.com, and Homes.com for housing options. Use the [USC Housing Website](#) and [USC Housing Facebook](#) page to connect with others searching for roommates, and stay up-to-date on housing searches. If you're unable to tour a location before signing a lease, reach out to a local graduate student and ask if they'd be willing to tour for you.



HOUSING LOCATIONS TO CONSIDER

APARTMENT & NEIGHBORHOOD OPTIONS

- CanalSide Lofts
- Saluda
- Indigo Brickworks
- Advenir
- Devine District
- Bennet at BullStreet
- Vista Commons Apartments
- Brookland and 4 West
- Rosewood and Shandon Neighborhoods

DOWNTOWN COLUMBIA

Downtown Columbia offers many residential neighborhoods, entertainment districts and apartment communities that are in close proximity to campus.

CAYCE

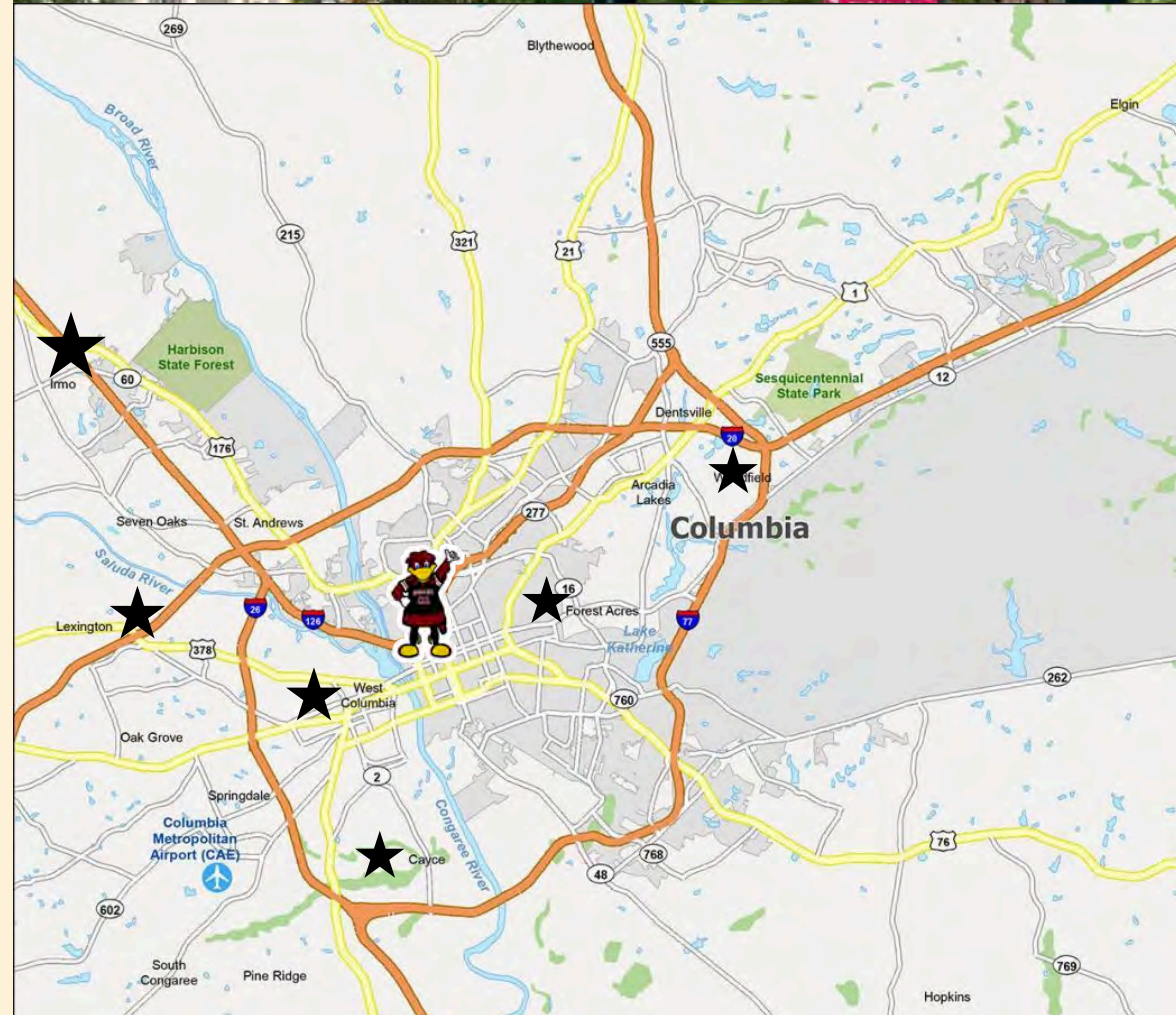
The city of Cayce is located just over the Blossom Street bridge that runs past the Strom Thurmond Wellness & Fitness Center and the Greek Village. Although Cayce is a part of Lexington County, depending on how close to the Congaree River you live, the drive to campus can take only 3-5 minutes. Cayce provides both apartment communities and houses for rent.

WEST COLUMBIA

The city of West Columbia is located just over the Gervais Street bridge. Depending on how close to the Congaree River you live, the drive to campus can be as short as 5-10 minutes.

FOREST ACRES

Family-friendly Forest Acres is a city within a city. The drive to campus often takes about 10-15 minutes depending on time and traffic. Forest Acres provides mostly houses and converted apartments for rent.



NORTHEAST COLUMBIA

Situated northeast of downtown, this fast-growing area includes apartment communities and family friendly neighborhoods. The drive to campus could take anywhere from 20-40 minutes depending on the interstate traffic.

IRMO

Irmo is located just past Harbison Boulevard on Interstate 26. Irmo is heavily populated with university faculty and staff as well as some students. The drive to campus could take 25-40 minutes depending on interstate traffic.

LEXINGTON

Lexington is heavily populated by university faculty and staff as well as a good amount of students. The drive to campus could take 30-40 minutes depending on your location and traffic.

HEALTH & WELL-BEING

CAMPUS RECREATION

Continue a sport you love, or learn a new activity. Intramural Sports will have you under the lights, or you can watch one of our highly performing Sport Clubs. [Learn more.](#)

FITNESS SERVICES

Use the full gyms at Strom Thurmond Fitness Center and Blatt P.E. Center alongside Group X workouts hosted by expert instructors, personal training, and athletic training services. Amenities include up-to-date equipment, basketball courts, ping pong tables, racquetball courts, a 1/7 mile open track, indoor and outdoor swimming pools, a sauna, sand volleyball courts, a 52-foot rock climbing wall, and locker rooms equipped with showers. Check out the [website](#) for more information!

CENTER FOR HEALTH AND WELL-BEING

Prioritizing mental health, we recognize its crucial role in overall well-being and academic success. Our dedicated support is readily available to assist you through any challenges you may face on your personal journey with our counseling and psychiatric services, healthy campus initiatives, substance abuse prevention and education program, and medical services like immunizations, lab tests and screenings, physical therapy, radiology, sports medicine, women's health, and pharmacy services. Find more information [here](#).

OUTDOOR RECREATION

Experience the great outdoors like never before with our Outdoor Recreation programs! Enjoy thrilling adventure trips, take on the challenge of our climbing wall, or visit the ORec Hub for all your equipment rental and repair needs.



HEALTH & WELL-BEING

CAMPUS SAFETY

The University of South Carolina is deeply committed to the health and well-being of our campus community and offers a variety of services to ensure campus safety. Campus police are available 24 hours a day at 803-777-4215 to offer assistance to anyone experiencing a harmful, hurtful, or other situation deemed an emergency. Carolina Alert is the emergency notification system used to communicate conditions that require immediate action. Register up to three phones to receive notifications at sc.edu/emergency. Monitor the [crime bulletins](#) and safety tips shared by university law enforcement professionals.

GAMECOCK COMMUNITY SHOP

The Gamecock CommUnity Shop offers free food, clothing, and supplies to USC students, faculty, and staff because USC believes meeting basic needs is crucial for success. All students, faculty, staff members and affiliates with a valid CarolinaCard are welcome to shop for items using a 40-point monthly budget. Most items valued at just one point, and clothing doesn't count toward your budget - you can choose as much as you like, and everything is yours to keep. Register to shop [here](#).

SUBSTANCE ABUSE, PREVENTION, AND EDUCATION (SAPE) OUTREACH

The Substance Abuse, Prevention, and Education (SAPE) Outreach mission is to create a safe Carolina community where students' academic and personal success is not impaired by substance use. All new students, including graduate students, are required to take community education online modules before and during their first semester of classes. They offer services like peer-based mutual aid meetings, individualized coaching support, sober social events, and community-level advocacy.

GAMECOCK CommUnity SHOP



MENTAL HEALTH SERVICES

INDIVIDUAL SERVICES

We offer individual counseling using a Semester-at-a-Time model using brief and solution-focused therapy while augmenting with groups and online modules.

GROUP COUNSELING

We offer a number of skill-building groups, support groups, and process groups as well as some workshops throughout the academic year.

INDIVIDUAL CRISIS INTERVENTION

If you are concerned about a UofSC student and not sure what to do, please call the counseling center at 803-777-5223.

URGENT CONCERNS

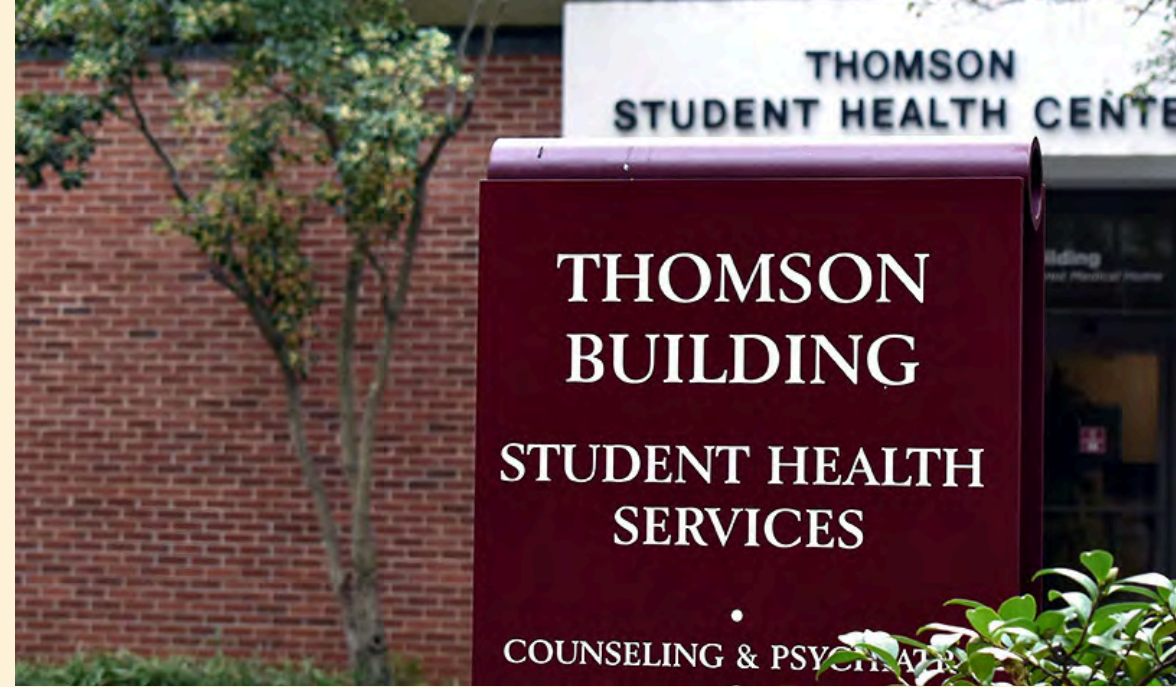
We offer Same Day Single Session appointments daily that are web-bookable on [My Health Space](#). We also have walk-in appointments available in the afternoons which are primarily for assessment of safety and referral to appropriate resources.

THERAPY ASSISTANCE ONLINE (TAO)

The therapy assistance option of TAO allows you to get effective treatment when your schedule, or life, makes it hard to get to the counseling office. You will have access to highly effective therapy modules 24/7 and a dedicated time to meet online with your counselor each week via videoconference.

PSYCHIATRIC EVALUATIONS & MEDICATION MANAGERMENTS

Our providers can recommend treatment for mental, emotional, and behavioral problems and can prescribe medications if needed and arrange for ongoing monitoring and coordination with other health care professionals.



TRANSPORTATION AND PARKING

PARKING PERMITS

General parking permits can be purchased on an annual or Summer basis for a variety of lots. There are permits available for purchase in lots designated for graduate students at an annual price of \$130 on a first-come-first-serve basis.

METER PARKING

Metered parking is also available for purchase on an hourly basis, first-come-first-serve from 9 AM-7 PM. These spots are free after 7 PM and all day on Sundays. Download the [USC Passport](#) parking app for convenience.

GARAGE PERMITS

Parking permits for garage spaces are also available for purchase. Discovery Garage is closest in proximity to the Arnold School of Public Health Research Center (PHRC) and the Discovery Buildings. The cost is \$440 a semester.



TRANSPORTATION

The University offers free rides for students on The Comet, USC's transportation service. There are 11 daytime routes and two evening routes to make your life easy, and it's all free with your [Carolina Card](#)! We have 30 locations across the Columbia campus that also run on weekends, and for special events like football games, collegiate day at the fair, and many more. Rides-On-Demand is available Monday-Friday offering pick ups at centralized spots on campus. Check out the daytime and evening routes [here](#).



INFORMATION AND TECHNOLOGY

CAROLINA TECH ZONE

The Carolina Tech Zone (CTZ) provides in-person technology support for all students. Our services include connecting to the network, installing software, diagnosing computer problems, removing viruses, providing mobile support and more.

IT SERVICE DESK

You can call the Service Desk, Monday through Friday from 9:30 AM-4:30 PM with any technology-related issues and receive immediate assistance with varying questions and concerns.

ARNOLD SCHOOL OF PUBLIC HEALTH

In addition to the information and technology services offered by the University, the Arnold School of Public Health also has a team that oversees the Arnold School's main computer lab for students, which is located in Discovery Room 431, and assists with any technological issues.

STUDENT AFFAIRS AND ACADEMIC SUPPORT

The Division of Student Affairs and Academic Support designs and provides comprehensive resources to support students' academic achievement, and our outreach and intervention efforts strive to ensure that no student falls through the cracks. We provide accommodations for students with documented disabilities, offer tutoring for over 200 courses, and writing support to help with any visual, written, or audio assignments.

True to the Carolinian Creed, you'll find resources that support your work and development at USC, whether you're transferring from another school or preparing for commencement. Our programs and services are for every student.



HAPPENINGS IN HPEB

Here in the Department of Health Promotion, Education, and Behavior, we value close collaboration between students and staff to create a community that's conducive to learning and feels like home. To promote continued education and departmental research, we host a monthly **HPEB Colloquium Series**, covering a variety of topics.

Our **HPEB Student Engagement Committee** consists of master's and doctoral students who come together to host events for socializing, volunteering, and educating each other. The Arnold School of Public Health additionally offers various events for students through the **ASPH Access and Collective Engagement (ACE) committee**.





FREQUENTLY ASKED QUESTIONS

HOW CAN I LEARN ABOUT ASSISTANTSHIPS THAT ARE AVAILABLE?

The Graduate School maintains an [Opportunities Bulletin Board](#) where you can view assistantships and jobs across campus. The USC Career Center uses the online career management platform Handshake. You can create an account on Handshake and search for jobs there. You can also inquire about any available positions with HPEB faculty in your area of interest. Most students' hours are capped at 20 hours per week, but domestic students can be approved to work up to 25 hours by the Graduate School.

WHAT KIND OF FUNDING IS AVAILABLE FOR GRADUATE STUDENTS?

Out-of-state students who have a graduate assistantship qualify for a tuition reduction to the in-state rate. The Graduate School, Arnold School of Public Health, and HPEB Department offer several merit-based financial awards and fellowships for current and incoming students. Students can apply to receive funding from the [Arnold School](#) and the [Graduate School](#) for traveling purposes. The ASPH and HPEB also offer a variety of fellowships and awards to graduate students, including the Ann Cassady Endowed Fellowship, which is available to Master's students. Check out the [HPEB Student Awards](#) and [ASPH Student Awards](#) for more information and eligibility.

HOW DO I REGISTER FOR CLASSES, AND WHAT CLASSES DO I REGISTER FOR?

You will have a faculty advisor who works with you to determine the courses you will take in the program to meet your program requirements to graduate. You'll plan your courses with your faculty advisor, so make sure you have contacted them with any questions before registration opens for the next term. During your scheduled advisement appointment, you'll identify the courses to be taken during the given semester and fill out a Program of Study form to be approved to register for courses.

WHO CAN HELP IF I HAVE ANY QUESTIONS ABOUT THE PROGRAM?

The following are key faculty and staff in HPEB:

Department Chair: Brie Turner-McGrievy, PhD (brie@sc.edu)

Associate Chair: Andy Kaczynski, PhD (atkaczyn@mailbox.sc.edu)

Doctoral Graduate Director: Christine Blake, PhD (ceblake@mailbox.sc.edu)

MPH Program Director: Edena Guimaraes, PhD (edeng@mailbox.sc.edu)

Academic Programs Coordinator: Casey Giraudy, EdD (goldston@mailbox.sc.edu)

Office Manager: Pam Metz (pmetz@mailbox.sc.edu)

Business Manager: Wendy Clemmer (wendycc@sc.edu)

Human Resources: Anjell Session (robinsav@mailbox.sc.edu)

For contact information of other HPEB faculty and staff, visit the HPEB [directory](#).



COMMONLY USED ACRONYMS

ASPH	-----	ARNOLD SCHOOL OF PUBLIC HEALTH
HPEB	-----	HEALTH PROMOTION, EDUCATION, AND BEHAVIOR
COMD	-----	COMMUNICATION SCIENCES & DISORDERS
ENHS	-----	ENVIRONMENTAL HEALTH SCIENCES
EPID	-----	EPIDEMIOLOGY
BIOS	-----	BIOSTATISTICS
EXSC	-----	EXERCISE SCIENCE
HSPM	-----	HEALTH SERVICES, POLICY, & MANAGEMENT
SEC	-----	STUDENT ENGAGEMENT COMMITTEE
PHRC	-----	PUBLIC HEALTH RESEARCH CENTER



DEPARTMENT OF HEALTH PROMOTION, EDUCATION, AND BEHAVIOR
DEPARTMENT WEBSITE
915 Greene Street, Columbia, SC, 29208