

## CU Stay Connected - Resource Guide

Student Involvement and Leadership has worked with areas across campus to bring students valuable resources to help them stay connected while the University maintains modified operations. We also encourage students to document their experiences using the hashtag **#CUStayConnected** to highlight the different ways students are staying connected to Clemson, how they are transitioning to online coursework, or sharing any tips and tricks for other students. If you have any questions, please reach out to [SIL@clemson.edu](mailto:SIL@clemson.edu).

### Academic Success

The **Academic Success Center** has various resources and strategies for thriving in the online environment. Visit [www.clemson.edu/asc](http://www.clemson.edu/asc) for more information and support!

#### Resources for Staying Connected

- Use your instructor's virtual office hours, e-mail, and live instruction time to ask questions.
- Visit the [Tutoring](#), [PAL](#), and [LearningLab](#) pages to view the schedules and access Zoom links.
- Access additional resources, including recorded PAL sessions, in the new "Peer Learning Space" sections in Canvas. The link can be found on the tutoring and PAL schedules.
- Utilize [academic coaching services and resources](#).
- Meet your classmates for online study sessions on [Google Hangout](#) or [Zoom meeting](#). Use [When2Meet](#) to identify group study times. Use the [study group](#) template from LearningLab to keep a study session on track
- Visit [Clemson Online](#) for technical and connectivity resources as well as additional tips for successful online learning
- Review other success and learning resources on the [ASC website](#)

#### Strategies For Success And Learning

- Manage and monitor your time to keep up with course assignments and material
- Use a [weekly schedule](#) planner, create a [to-do list](#) and utilize the calendar in Canvas to plan, manage and track your time as well as assignments, reading, and due dates
- Read your textbooks and other supplemental material intentionally and with purpose
- Use the SQR3 reading method to deepen your understanding of course concepts. *Survey* the chapter or section, create *questions* as you read and turn section headers into questions, *read* for understanding, *record* notes as you read, and *review* what you read.
- Read [intentionally and purposefully](#) for increased understanding of course concepts.
- Utilize free high-quality [Open Educational Resources](#) to supplement the course textbook.
- Create a list of questions for challenging course material. This will give focus your reading and help you stay engaged while reading, provide you with starting points for gathering more information as you study, and make your time with instructors, tutors, PAL leaders more productive and efficient.
- Go beyond just reading and re-reading your textbook.
  - Participate in [tutoring](#), [PAL](#) and [Learning Lab](#) sessions using Zoom.
  - Focus your study time by using a LearningLab template for [math](#) and [other subjects](#).
  - Write out in words each of the steps for solving a math or chemistry problem
  - Summarize course material in your own words
  - Draw a [mind map](#) to show how concepts are connected.
  - Create a [compare/contrast chart](#) to show similarities and differences.
  - [Predict test questions](#) and create a sample test. Exchange questions with a study partner and try to answer the questions.

### Apply and assess your learning

- Work the problems in your textbook and/or in [Open Educational Resources](#). (The back of textbooks or problems embedded in online texts often have answers.). For STEM math courses, [Active Calculus](#) has links to interactive practice problems for pre-calculus, calculus, and multivariable calculus.
- Take any practice tests your instructor posts on Canvas or on the course website (examples: [MATH courses](#) and [STAT 3090](#)). Continue to work on challenging problems.
- Note 3 things you have learned, 2 questions you have, and 1 summary of the main concept.
- Write a summary of each main topic. Note any words or concepts you had trouble remembering or applying. Do more research on those words or concepts.
- Explain concepts/processes to a study partner. Review information that you couldn't easily explain to your partner.

# Health and Wellness

## Student Health Services

Medical and counseling services by appointment only; overnight and weekend emergency phone-support service for CAPS through Clemson University Police Department (656-2222); pharmacy, radiology, and lab services available for students in need of urgent care.

## Healthy Campus

Make sure to check out Healthy Campus on social media for daily updates:

- [Instagram](#) (@clemsonhealthycampus)
- [Facebook](#) (Clemson University Healthy Campus)
- [Twitter](#) (@healthycampus)

*Helpful Healthy Campus Content:*

- [COVID-19 and Your Mental Health](#)
- [Koru Mindfulness Program](#)
- [Therapist Assisted Online](#)
- Mental Health Moment Series – *Coming soon! Contact Kristi Bussel ([kbussel@clemson.edu](mailto:kbussel@clemson.edu)) for more information*

## Campus Recreation

Campus Recreation is working to launch more online engagement opportunities in April from your favorite programs. Follow on social media and track links below:

- [Instagram](#) (@clemsoncampusrec)
- [Facebook](#) (@clemsoncampusrec)
- [Twitter](#) (@CU\_Rec)

*Fitness and Wellness:*

- Daily workout graphics are posted Monday-Friday on all social media platforms with live workouts posted only on Instagram stories. Live workouts are available there for 24 hours.
- In addition, Les Mills on Demand is offering limited free access to their virtual fitness platform. You can access over 95 workouts in 8 different categories here: <https://watch.lesmillsondemand.com/at-home-workouts>.

***Clemson Outdoor Recreation and Education:***

- Article- [How to Get Outside During a Pandemic](#)

## Online/Digital Mental Health Resources

- [Coronavirus Sanity Guide](#)  
In times like these, we need practical, actionable ways of coping with stress, fear, and anxiety. The meditations, podcasts, blog posts, and talks on this page will help you build resilience and find some calm amidst the chaos.
- [Simple Habit](#)  
Ease your Coronavirus anxiety with these talks and guided meditations.
- [Weathering the Storm from Headspace](#)  
To help support you through this time of crisis, Headspace is offering some meditations you can listen to anytime for free.
- [NAMI Coronavirus Information and Resources](#)  
The National Alliance on Mental Illness compiled resources and answers to FAQs for how to navigate mental health and the Coronavirus.
- [CDC Manage Anxiety & Stress](#)  
The Centers for Disease Control and Prevention has some tips for managing mental health and coping with these times of uncertainty

# Community Resources and Remote Volunteering

## Community Resources

Stay connected to the local community. The Clemson community has multiple local agencies in the area that can provide assistance to students.

*Resources include:*

- Food assistance
- Mental health services
- Financial assistance

Our Community Resource Guide includes the information for local agencies still operating in the local community and what services they provide. [Click here to download the Community Resource Guide.](#)

## Remote Volunteering

For students interested in remote service and volunteer opportunities, there are a few options in the Clemson, Anderson, and Upstate area.

Agency Name	Agency Contact	Contact Email	Project Description
<b>Meals on Wheels Anderson</b>	Ruthie George	program@acmow.org	Calling/checking in on the recipients of MOW on the days the agency's not delivering (Tues. and Thurs.) to make sure they're doing okay; starting calls around 10am and usually last no more than an hour; a checklist of questions is provided
<b>Special Olympics</b>	Anna Parks	aparks@so-sc.org	As all of us in the Special Olympics South Carolina family are missing our SO teams, events and activities, we are rallying up a digital campaign in place of our State House Rally, that was scheduled for Tuesday, March 31st.  Create your own doodle, design or photo that incorporates the hashtag #UnlockInclusion. Share your photo/post to social media and tag @SpecialOlympicsSouthCarolina on Facebook and/or @specialolympicssc on Instagram. Post your pics from past State House Rallies, Special Olympics events or activities. Post pics of your way to stay strong during this time! Go to the School of Strength for more information about at-home workouts and healthy habits Post how you "Unlock Inclusion" Then be sure to check out the Special Olympics South Carolina Facebook page on Tuesday, March 31st to see videos from inclusive youth leaders and pictures that people have posted to raised awareness.
<b>Parenting Place</b>	Sara Juneau	sjuneau@tpupstate.org	Donate Gift Cards in increments of \$10 to help families who are low-income and impacted more-so during these economic times

Follow [@clemsonslce](#) for updated community resource information

## Things to Do - Virtual museum tours, live-streamed shows and concerts, online games

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### Museum Virtual Tours

*Still want to explore? Why not take a free virtual tour?!*

[The Louvre](#)  
[National Gallery of Art, Washington D.C.](#)  
[The Metropolitan Museum of Art](#)  
[National Museum of Modern and Contemporary Art, Korea](#)  
[Van Gogh Museum](#)  
[National Museum of Anthropology- Mexico City](#)  
[The British Museum](#)

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### Animal Web Cams

*Feeling stressed? Look at what some animals are up to across the world.*

[Greenville Zoo Giraffe Cam](#)  
[San Diego Zoo](#)  
[Monterey Bay Aquarium](#)  
[Smithsonian National Zoo](#)  
[Atlanta's Zoo Panda Cam](#)  
[Georgia Aquarium](#)  
[Ouwehand Park Polar Bears](#)  
[Cincinnati Zoo Live Safari](#)  
[Shedds Aquarium Behind The Scenes](#)

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### Group activities

[Netflix Party](#) - This is a free Google Chrome extension that allows you and your friends to watch a Netflix show together and chat  
[.io Games](#)  
[Pictionary](#)  
[Fortnite](#)  
[League of Legends](#)  
[100 things to do while stuck inside due to a pandemic](#)

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### Exercise and Fitness

*We are working on our fitness even when the gym is closed. Check out the fun ways to stay physically active*

[Fitness Blender](#)  
[Yoga with Adrienne](#)  
[Nike Run Club](#)  
[Planet Fitness](#)  
[CorePower Yoga](#)  
[Body Positive Yoga](#)

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### Free Online Cooking Classes

*Looking to use some time to learn how to cook something new? Check out a few of the free cooking lessons*

[PBS](#)  
[Food Network](#)  
[Munchies](#)  
[Binging with Babish](#)  
[Bon Appetit](#)

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### Books/Reading

[Project Gutenberg](#)  
[24Symbols](#)  
[Wattpad](#)  
[Google Books](#)  
[Internet Archive](#)

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### At-Home TV Shows

[The Daily Social Distancing Show with Trevor Noah](#)  
[Beeing at Home with Samantha Bee](#)  
[The Tonight Show: At Home Edition](#)  
[Jimmy Kimmel Live](#)  
[Conan O'Brien](#)  
[Lights Out with David Spade](#)  
[The Light Show With Stephen Colb-Air](#)

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## Online Classes

### [The Great Courses Plus](#)

*The Great Courses Plus makes lifelong learning and personal enrichment available to anyone, anywhere. You can start a 14-day free trial!*

### [Skill Share](#)

*Get 2 months free access to Premium classes when you sign up as a new member! Explore new skills, deepen existing passions, and get lost in creativity. What you find just might surprise and inspire you.*

### [Lunch Doodles with Mo Willems!](#)

*Join Kennedy Center Education Artist-in-Residence at Home for a live daily doodle lesson at 1:00pm EST. Videos will be available after live on the Kennedy Center YouTube channel.*

### [Join the McHarper Manor weekdays on Facebook for a daily art project tutorial](#)

*Art projects will range from watercolor paintings to chalk art to canvas painting and will take place live at 1:00pm EST. Videos will be available after the live class on the McHarper Manor Facebook page.*

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## Live Streams and Virtual Concerts

### [Live Virtual Concerts](#)

*NPR Music is compiling a list of live audio and video streams from around the world, categorized by date and genre, with links out to streaming platforms such as Facebook, Instagram and YouTube. Some will require registration or a subscription, but most will be free, often with digital tip jars and opportunities to directly support artists by buying music and merchandise.*

### [Billboard](#)

*This list is continually updating so check back often for your guide to the best live-streamed music content right now.*

### [Stars In The House](#)

*Featuring stars of stage and screen singing and performing live (from home!) on YouTube, this concert series will promote support for The Actors Fund's services for those most vulnerable to the effects of Coronavirus (COVID-19). Celebrities include: Laura Benanti, Kristin Chenoweth, Wayne Brady, and Idina Menzel! Check back daily to see who will be performing at 2 pm ET and 8 pm ET!*

### [Social Distancing Festival](#)

*This is a site for celebrating artists and the work that has been cancelled/delayed/disrupted. So far, submissions have included clips from rehearsals, scenes done with cast-mates over webcam, recordings from previous workshops, design plans, and performers just doing the song they were really excited about singing into their webcam.*

### [All the virtual concerts, plays, museums and other culture you can enjoy from home](#)

*The fact is, most of us are going to be spending a lot of time at home. And while nothing can replicate the swell of a live orchestra or the quiet murmur of an art gallery on a Saturday morning, there are countless cultural experiences at your fingertips to make your time indoors more artful and imaginative.*

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## Technological Support

Clemson Computing and Information Technology (CCIT) has resources to help if students have technical issues, including internet, virtual meetings, software, and access.

[Click here to visit the CCIT support page for more information.](#)

## Professional Development and Career Readiness

The Center for Career and Professional Development is hosting online and digital services for students. See below for services and events.

### **Career Services and Experiential Learning Services Are Now Virtual!**

Have a career question? We are happy to assist you through a virtual appointment. Please send a detailed email to [cucareercenter@gmail.com](mailto:cucareercenter@gmail.com). Our appointments are offered M-F, 10am – 12pm and 1:30pm – 4pm.

Once scheduled, you will receive a confirmation email confirming your appointment along with instructions on how to proceed.

We will still be offering all normal services such as, mock interviews, career counseling, resume/professional document critiques, job searching help, etc., just virtually!

**We continue to function remotely and are eager to assist you!** [Click here to see our COVID-19 Updates and Information page with further information.](#)

### **Career Center Workshops**

We will be offering a variety of workshops online during this time.

#### ***Quick Tips with Employers-Virtual Interviewing***

Join us and Delaney Bradley, Senior College Relationship Specialist at AKLU, to learn more about virtual interviewing. She will be offering a short presentation on tips and tricks to navigating virtual interviewing. There will be time at the end for students to ask questions.

April 3<sup>rd</sup> 12:00-12:30pm

#### ***Quick Tips with Employers-Negotiating Salary***

Join us and Deana Carter, University Relationship Manager at FDM Group, to learn more about negotiating salary. She will be offering a short presentation on how to approach negotiating salary. There will be time at the end for students to ask questions.

April 8<sup>th</sup> 12:00-12:30pm

#### ***Let's Taco 'bout Life After College***

The transition from college life to the professional world can be a challenge. We have put together some information to help prepare you for this exciting time! We will talk about topics such as: adjusting to a new city, first 30 days on the job, and work life balance.

April 7<sup>th</sup> 12:30-1:30pm

To RSVP, get the Zoom Meeting links, or see all of our events, visit:

<https://career.sites.clemson.edu/events.php>



## Research/Library Support

The Clemson Libraries are still providing vital online resources to help students find the information they need to complete their coursework. [Click here for overall resources](#)

Did you know that each major is paired with a librarian who can help you learn how to successfully research for your papers, projects and other assignments? [Click here to visit the library website to find your subject librarian who can support you as you transition to online learning.](#)

## Connecting to Clemson - #CUStayConnected

Be sure to follow Clemson University accounts to stay up-to-date with resources, programs, and University updates. Below you'll find several accounts to follow for information.



Stay up-to-date and informed even from home by following these [#Clemson](#) resources:

- : [@HealthyCampus](#)
- : [@ClemsonHome](#)
- : [@ClemsonIT](#)
- : [@ClemsonSA](#)
- : [@ClemsonSafety](#)
- : [@Clemson\\_Parking](#)

Full updates visit : [bit.ly/3afsONN](https://bit.ly/3afsONN)

[Click here to access the links above.](#)

You can also follow [@CUInvolved](#) for tips on staying connected and things to do!