FROM THE EDITOR

Dear Clemson Family Members,

Congratulations and welcome to the Clemson Family! By supporting your student through their college journey, you are just as much a part of the Clemson Family as your student. We hope you embrace the spirit of Clemson and take advantage of all we have to offer. Over the next several years, your student will be presented with a myriad of opportunities and experiences as we prepare and empower them to make a difference as global citizens.

Through engagement with academics and all aspects of student life, we hope our students are able to achieve their personal and professional goals. Clemson provides an array of resources to help them thrive, both inside and outside of the classroom. As a supporter of your student, you are critical to their success in college, and we want to ensure you have the tools to continue supporting them throughout their Clemson journey. This Family Handbook will guide you through student experiences and allow you to connect with specific Clemson services and resources. We hope you will take the time to familiarize yourself with all the many sources of support offered at Clemson University.

We understand this time may also be a large change for your family, and you are experiencing your own transition into Clemson and into a new season of life. It is our hope the communications, initiatives and events detailed below will help you feel connected to Clemson consistently as you and your student navigate this next chapter.

2024-25 Family Experience Calendar
• This calendar includes many important dates, deadlines and tips to guide you through the academic year and keep you connected with what is happening on campus. These will be given out throughout the year, starting at this summer’s in-person Ready Set Roar! Orientation sessions, but they can also be mailed upon request.

Clemson Parent and Family Experience
• During your student’s time at Clemson, this communication portal will be your one-stop shop for helpful resources, campus news and other important announcements from the University. E-newsletters are emailed to you with information on topic areas you pre-select, and content is delivered to you as often as you would like. Be sure to customize your profile and settings by registering at cufamilies.campusesp.com/signin.

Family Events
• Fall Family Weekend, set to take place September 20-22, 2024, includes a variety of social and academic offerings usually centered around a home football game. This year’s Fall Family Weekend will include academic open houses, a Tiger Family Tailgate, a Farewell Brunch and much more. Registration information and schedule details will be released through the Clemson Parent and Family Experience portal, as well as the Center for Student Leadership and Engagement (CSLE) website.
• Spring Family Weekend offers families a chance to connect with their student on campus, enjoy our many outdoor rec opportunities, tailgate before our Spring Football Game and simply spend time together as the season begins to warm up. This event is usually centered around a home baseball weekend and typically falls in early April. More details about Spring Family Weekend will be communicated once athletics schedules for the spring semester are confirmed.

Clemson Parent and Family Webpage
• clemson.edu/parents
• This webpage is designed specifically for families to get the information they need quickly. It also provides many resources to help families adjust to their student being in college.

Social Media
• @ClemsonCSLE on Facebook
• @Clemson_CSLE on Instagram
• @Clemson_SA on X and YouTube
• @Clemson_SA on Instagram

The Division of Student Affairs staff is always available to assist your student as well as all members of the Clemson Family. We certainly hope you will call on us if a need arises. Best wishes to you and your family for an amazing Clemson experience!

Sincerely,
Casey Ford
Interim Director of Student Transitions
The Center for Student Leadership and Engagement

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**Parent Testimonial**

“Certainly, sending our first born off to college was a much more emotional thing for us than we expected. Being involved with the Clemson Family Advisory Board (CFAB) allowed us to be there and enjoy the University and helped make the transition better. At the end of the day, you need to be confident you have raised your child well, they will succeed on their own and you will always be there for support.”

*Michael and Angela Clark — Ft. Myers, Fla.*

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**INTRODUCTION**

This guide is divided into several sections to follow your student’s entire collegiate experience. Each section will briefly talk about the college student experience and how new growth can occur through many different social and learning opportunities offered here at Clemson University.

It also covers common topics we see at different times of the year. Most portions also feature a “How You Can Support” section, which provides specific ways or things you can do to support your student as well as questions you might want to consider asking your student.

You may also notice the use of “Clemson lingo” throughout this booklet. These are acronyms or terms commonly used by students, faculty and staff. This booklet is intended to be kept and utilized as a resource during your student’s time at Clemson.

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**University Structure**

Clemson University has several divisional units working together to make the University run smoothly every day. The two main units both your student and your family will work under are the academic colleges and the Division of Student Affairs.

There are seven academic colleges within the University, separated according to disciplines: sciences, arts and humanities, and so forth. From there, majors are structured within an academic college. For example, your student may be an English major in the College of Arts and Humanities at Clemson University.

The Division of Student Affairs creates and oversees student-centered campus programs from a variety of departments. There are countless campuswide initiatives aimed at improving daily life, safety and development for each and every student at Clemson. Campus recreation, residential learning and living, student activities and events, Orientation, career services, student health, and community and ethical standards are only a few programs covered under the division’s umbrella.

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**University Policies and Procedures**

There are many policies and procedures put in place to keep the University functioning. Academic policies (see page 12) are outlined to inform students of any policy or procedure that affects the progression in their curriculum through graduation. Further, protocols related to students’ rights, responsibilities and conduct are found in the Student Handbook.

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**Student Handbook**

The Student Handbook is an additional guide to all policies and procedures pertaining to an enrolled student at Clemson. Academic students should refer to the Undergraduate Announcements for complete details of academic policies, housing and facilities, access and discrimination, safety, the Student Code of Conduct and financial and general policies.

**Student Code of Conduct**

The Student Code of Conduct is the core code all enrolled Clemson students are expected to honor and abide. The purpose of the Student Code of Conduct is outlined as follows:

Academic institutions exist for the transmission of knowledge, the pursuit of truth the development of students and the general well-being of society. Free inquiry and free expression are indispensable to the attainment of these goals. A Clemson student is expected at all times to show respect for civility, community and the rights of others and to exemplify the Clemson University core values of integrity, honesty and respect.

Clemson University supports the concept of education when misconduct occurs. When a student is not a danger to the University community or when the repetition of misconduct is unlikely, the University will make an effort to educate the student through a sanction, but should the student demonstrate an unwillingness to obey conduct rules, they may be separated from the University.

**Federal Laws**

It is important to Clemson University to partner with families throughout the entire collegiate experience. We value this connection and put considerable time into providing support and offering one-on-one conversations for families. One thing consistently challenging for both families and staff are laws limiting our ability to share information with parents about their students.

**Notes**

FERPA

The Family Educational Rights and Privacy Act (FERPA) affords students certain rights of privacy with respect to their academic records (grades, faculty and advising conversations) and Student Health Services health records (medical and counseling records). FERPA assures your student complete privacy of their health information. Keep in mind this covers both general medical information as well as Counseling and Psychological Services visits. Health record information is disclosed only when a specific release of information is signed by the student. The only exceptions you will see are for health and safety emergencies.

**Tucker Hipps Transparency Act**

In accordance with the Tucker Hipps Transparency Act (South Carolina Code of Laws Section 59-101-210 et seq.), Clemson University maintains a report of all actual findings of violations of the Clemson University Student Code of Conduct by recognized student organizations including but not limited to alcohol, drugs, physical assault and hazing violations for the past four years. The report can be found at bit.ly/CU/Transparency.

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**Student Handbook— bit.ly/CUhandbook**

**FERPA— bit.ly/CUFerpa**

**Advocacy and Success— bit.ly/CUadvocacy**

**Student Handbook— bit.ly/CUhandbook**

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**FERPA**

The University understands family support is important for student success, and it can be incredibly frustrating not knowing what is going on academically or health wise in a student’s life. However, there are also laws we are obligated to abide by for the protection of our students. This is a different stage of life where students are becoming adults, and parents and family members are learning to trust their students to make good decisions. Giving students encouragement and support will help them make better choices and find success during their time in college.
Early Academics
During your student’s transition through their first year at college or at a new college, there may be several highs and lows you experience as your student calls and texts home throughout a day, week or month. Ultimately, we want the same outcome as you—for your student to be safe, healthy and successful at Clemson University. The information gathered in the next several sections is designed to help you understand the transitional experience and how Clemson assists students through the process.

Academic Success
At Clemson, we found the following four practices are key strategies for persistence through higher education and academic performance:

1. Attending Class
   Today, so many high schools have different attendance policies, therefore, it is easy to see why students have different points of view on attending class. In higher education, class attendance is the number one way to stay on track with academic progression and engage with faculty.

2. Time Management
   Time management is something students constantly experience throughout their time in college. Time can get away from students, trying to balance a full course load, maintain friendships or make new ones, among others. There is help all across campus. The best place to start is by encouraging your student to seek help from someone if they need it.

Academic Support
Academic Support
Academic Success Center (ASC)
During their first semester of enrollment at Clemson, students may find the academic expectations and rigor at Clemson to be at a higher level than expected. The Academic Success Center staff provides students with the support they need to be confident, independent and lifelong learners. The Ted G. Westmoreland Academic Success Program provides academic programs designed for students’ academic and personal success. These programs, offered to all undergraduate students, include Peer-Assisted Learning (PAL) sessions, LearningLab Tutoring, Academic Coaching and Success Strategy Workshops. There’s something for every student at the ASC.

Academic Coaching
Academic Coaching allows students to see themselves, their skills and their study habits from a fresh perspective through one-on-one sessions focused on learning and personal success strategies. An academic coach equips each student with a toolkit of tangible strategies while demonstrating unconditional positive regard as an ongoing source of support and connection within Clemson University. Individualized coaching appointments typically last between 30-60 minutes and occur on a regular basis throughout the semester.

Course Support Programs
Peer-Assisted Learning (PAL) is a series of twice-weekly interactive peer-facilitated study sessions for students enrolled in historically difficult classes. The PAL program has received international recognition for its effectiveness. PAL sessions are facilitated by an upperclass PAL leader who completed the course at Clemson and earned an A or B. The PAL leader attends all class meetings and guides their peers through the course material throughout the semester. PAL leaders are trained to integrate course content (what to learn) and study strategies (how to learn) into the PAL sessions. The PAL leaders also help students organize class material, compare notes, discuss difficult concepts, develop strategies for studying the subject and master content. Data shows students who participate in PAL on a regular basis (six or more visits during a semester) earn a higher percentage of As and Bs and a lower percentage of Cs, Ds, Fs and withdrawals (Ws) than non-participants of the program.

Tutoring is available for a variety of courses. Students can attend by scheduling a one-on-one appointment online. Tutoring sessions are led by an upperclass tutor who completed the course at Clemson and earned an A or B in the course. Tutors assist students by sharing strategies for learning challenging course material and empowering students to become independent learners. Clemson’s tutor training is certified by the College Reading and Learning Association (CRLA). Tutoring is offered throughout the week in the ASC or online in an interactive video appointment. The ASC website (clemson.edu/asc) is the best place to check for a current listing of courses, to access video links, and to view locations and times. Students seeking tutoring for courses the ASC does not support may access the Tutor Matching Service to identify Clemson students who are available to tutor for a fee.

LearningLab is available for any student enrolled in any course. Students can work with peer learning consultants (PLC) who can refer students to other helpful success services.

Notes
Class Attendance
• Ask your student if they have been going to class.
• Ask about their classes.
• If you have concerns, contact the Office of Advocacy and Success.

Time Management
• Encourage your student to start a schedule to use on the weekdays, allowing time to work between classes.
• If your student is struggling, have conversations with them about their schedule and how they are balancing their social and academic life.

Parent Testimonial
"Our daughter came to Clemson from out of state and did not know anyone coming to Clemson. She made a conscious decision to get to know her roommates and meet other people. She made an effort to go beyond her comfort zone. Even when her high school friends were trying to get her to leave Clemson for the weekend, she chose to stay and try to establish friendships at Clemson. She made a good number of connections as a freshman and increased her friend base as a sophomore. She is thriving socially and academically, but it took time and effort to make it happen."

Mary Blount — Atlanta, Ga.
Parent Testimonial

"The transition to college is often difficult with students having to manage being away from home for the first time. The academic challenges can seem overwhelming for many. The Academic Success Center is a wonderful resource to encourage students who just need some confidence and assist those students who need to develop good study habits and time management. My two children both took advantage of the expertise offered by the Academic Success Center and have been on the Dean’s List several times.”

Cindy Parler — North Augusta, S.C.

Parent Testimonial

“Our son’s acceptance into Clemson was the culmination of four years of hard work during high school. We wanted him to learn to succeed on his own. We suggested he seek out the Academic Success Center and Student Accessibility Services. His first year was a learning process. He studied vigorously and made the Dean’s List, but he worked so hard he barely left the library and his health suffered. By his sophomore year, he learned how to balance his studies and get some exercise—still make the Dean’s List but have some fun as well. College is definitely a journey, both through academics and growing into an adult. Clemson is such a wonderful place for this to happen.”

Nomi and John Russi — North Charleston, S.C.

Success Strategy Workshops

Success Strategy Workshops are offered during the Fall and Spring semesters on a variety of success techniques and strategies designed to help students excel and succeed at Clemson.

Top Things to Know About the Center

• More than 96% of students who participated in ASC services would recommend us to their friends.
• The Center provides free learning strategy handouts and student planners.
• Using ASC services helps students keep their scholarships; students who use ASC services keep their scholarships at higher rates than students who do not.
• The ASC has great jobs for students, employing more than 200 students in leadership roles each year.
• Printers are available on the first floor to print out assignments.
• Our staff is about your student’s success! When they succeed, we succeed.

For more information, visit clemson.edu/asc. Follow the Center on Instagram and Facebook at CU Academic Success Center.

Advising and Registration

To ensure students receive both personal and professional assistance in navigating through curricula and University requirements toward degree completion and graduation, each student is assigned to an academic adviser (either professional or faculty adviser). Advisers are available to assist students with issues related to degree planning, course selection, withdrawals, degree requirements, academic policies, academic difficulty, campus resources, internships/practicum opportunities and career/graduate school planning.

Academic advising and registration take place in the Fall for the following Spring and Summer semesters and in the Spring for the Fall term. Registration dates can be found on the academic calendar. Each student is assigned a specific date and time, which will be determined when iROAR (Clemson’s student information system website where students can view their personal, financial and academic information) is set to open course registration for them. This date and time is based on class standing and number of credit hours earned. In order for a student to be granted access to register at their assigned date and time, they must first meet with their academic adviser. Students can find the name of their assigned academic adviser by logging into iROAR, clicking on the student tab and then student profile or by logging into CU Navigate app and scheduling an appointment with your assigned adviser.

Each college and major coordinates advising differently. Students should expect to be contacted by their adviser approximately one month in advance of open registration. If this doesn’t happen, the student should contact their adviser to find out about their specific advising date and time. For more information, visit clemson.edu/academics/advising.

Add/Drop Deadlines

Each semester, there are key drop/add deadlines on the academic calendar. Students are informed of these dates and deadlines via emails and advising appointments. It is recommended for students to verify their semester hour requirements in their financial aid package prior to withdrawing or dropping a class. Here are a few terms or phrases to know for registration:

• Last day to register or add: This denotes the last day of a semester a student can sign up for a class in that same semester.
• Last day to drop a class or withdraw from University without a W: Once a class is dropped, it is never seen on the transcript. If the class is properly withdrawn by the last day to drop without a W, no grade calculation or grade point is impacted.
• Last day to drop a class or withdraw from University without final grades: Dropping a class after the last day to drop will result in a W noted on the transcript with the course title, but no grade calculation will be completed.

Bill Paying Deadlines

There are separate deadlines outside of the academic calendar that need to be followed, such as submitting a student’s payment of tuition and fees. It is vital to meet these deadlines, so your student does not incur late fees or have classes dropped from their schedule. The financial section (see page 30) provides more in-depth information on college finances and financial deadlines.

Midterm Progress Alerts

Each fall and spring semester, instructors are asked to submit midterm academic progress reports via CU Navigate for first-year students enrolled in courses. As instructors enter data into CU Navigate, students will receive an email with the grade and any comments the instructor provided.

Students are encouraged to reach out to their adviser if they are struggling in any of their classes for further guidance on how to proceed. Academic advisers will also reach out, via Clemson email, to any of their assigned students with two or more D’s or Fs.

Although instructors are encouraged to put grade information in the system, some will provide it through Canvas or another forum they utilize for their courses.

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Although instructors are encouraged to put grade information in the system, some will provide it through Canvas or another forum they utilize for their courses.
If a student does not receive midterm grade feedback for a course, the student is strongly encouraged to contact their instructor directly to request this feedback. It is the student’s responsibility to know how they are performing in a course. It is also important to know the final date to withdraw from a course without a failing grade for the semester. This date can be found on the academic calendar. If a student is considering withdrawing from a course, they should consult their adviser.

Academic Policies

While academic policies are items for students to know, we want to give you the information firsthand to help guide your student in the right direction as conversations arise. You can find academic policies posted in the Academic Regulations section of the Undergraduate Catalog (catalog.clemson.edu). Additionally, Clemson’s general education requirements and each major’s curriculum is outlined in the catalog. This is an excellent resource for any question related to all academic policies and procedures. As a parent or family member, here are a few common policies of which to be aware.

Academic Probation

Students who fail to maintain a cumulative GPA of 2.0 or higher will be placed on academic probation. No notation concerning academic probation will appear on the student’s permanent record. A student on academic probation may enroll in a maximum of 16 credit hours, unless permission for a higher course load is granted by the academic adviser. Students on academic probation are expected to participate in the Academic Recovery Program.

Choosing and Declaring a Major

A student wishing to change their major should consult the Catalog. Clemson education requires that students declare a major during the first 30 hours of college coursework, unless permission is granted. Major changes can be made at any time, and the process is managed by the Office of Undergraduate Programs. Students who wish to change their major should consult the catalog. Clemson education requires that students declare a major during the first 30 hours of college coursework, unless permission is granted. Major changes can be made at any time, and the process is managed by the Office of Undergraduate Programs. Students who wish to change their major should consult the catalog. Clemson education requires that students declare a major during the first 30 hours of college coursework, unless permission is granted. Major changes can be made at any time, and the process is managed by the Office of Undergraduate Programs. Students who wish to change their major should consult the catalog. Clemson education requires that students declare a major during the first 30 hours of college coursework, unless permission is granted. Major changes can be made at any time, and the process is managed by the Office of Undergraduate Programs. Students who wish to change their major should consult the catalog. Clemson education requires that students declare a major during the first 30 hours of college coursework, unless permission is granted.

Changing a Major

A student wishing to change their major is strongly encouraged to contact their instructor through early April are advisers’ busiest times. If a student is interested in changing majors, they should seek an advising appointment before these times.

Online Education

Programs

Clemson University offers several online degree and certificate programs. These programs are developed by instructors who are committed to providing a quality learning experience via cutting-edge technologies. Our programs maintain the same high standards that placed Clemson University among the top public universities in the United States.

Clemson Online

Clemson Online staff are here to ensure all online students have access to the resources and support that comprise a first-class Clemson education. Clemson University is devoted to ensuring an innovative and substantive educational experience for all students. More information can be found at the Clemson Online Webpage, clemson.edu/online/students.

General Academic Information

Choosing and Declaring a Major

When your student applied to Clemson, they may have selected a major. Some majors are broad, and concentrations do not need to be selected until they progress and complete basic coursework. Other majors are more specific in their expectations, which will vary depending on each academic department and its corresponding process. Furthermore, a student may have applied to a general major (e.g., general engineering). Their advisers will walk them through the process to declare a specific major or concentration.

Changing a Major

A student wishing to change their major should consult the Undergraduate Announcements first. Instructions on how to switch into a specific major can be found under the desired major. Certain majors require a specific GPA and/or number of credit hours while some majors also require an application process and provide specific deadlines to apply for each semester or academic year. A student wishing to change their major is strongly encouraged to reach out to an adviser in the major they would like to switch to and notify their current adviser immediately. In addition to the requirements listed above, students who wish to change their academic program must submit an Undergraduate Change of Program request in the Student Records tab in iROAM. Then the request must be approved by both the current and new academic departments.

CUI Navigate

CUI Navigate is a student-centered mobile app that provides students with the support they need, where they need it—on their phones. Through its interactive demand information for students, CUI Navigate proactively assists students on their academic pathways by providing up-to-date information on key dates, quick access to critical student information, improved access to support services and the ability to schedule advising appointments.

Inclusive Community

The college campuses introduces students to a diverse community of people from different races, cultures, genders, religions, socioeconomic levels, political perspectives, abilities and more. At Clemson, we, like many of our peer institutions, recognize the value a diverse community adds to the development of all of our students and faculty members.

Clemson’s efforts to create a campus community where each student feels welcome and supported has garnered national attention by Insight Into Diversity magazine as a 2017 and 2018 Higher Education Excellence in Diversity Award recipient. Multiple campus departments work collectively to provide enriching experiences to promote personal growth.

Supporting our Multicultural Community

The Harvey and Lucinda Gantt Multicultural Center exists to support all students in enhancing their intercultural competence. Intercultural competence focuses on knowledge, skills and abilities to engage with individuals across differences, or more specifically, with individuals who have differing racial and ethnic identities, language or beliefs. Intercultural competence is a growing demand for many employers as they seek a culturally diverse workforce. Our center collaborates with campus departments to provide enriching experiences to promote personal growth.

Notes

Choosing and Declaring a Major

Encourage your student to schedule an appointment with the Center for Career and Professional Development (CCPD) to start the career development process and learn about the Core Competencies employed and graduate and professional schools are seeking. The CCPD has developed a four-year career planning checklist, showing how students can begin developing things in their first year to build these competencies. The checklist includes the roles of students, parents and families and how the CCPD supports. For more information, visit clemson.edu/career.

Changing a Major

Keep in mind, October through early November and March through early April are advisers’ busiest times. If a student is interested in changing majors, they should seek an advising appointment before these times.

Parent Testimonial

“"When our daughter needed more help in class, she turned to the Academic Success Center and attended sessions led by trained peer tutors. The experience gave her more confidence and new study skills, which she applied to all her classes. Her hard work was rewarded when she was able to make the Dean’s List.”

Robin D. Stringer — Anderson, S.C.
with students, faculty and staff to implement cultural heritage celebrations and identity-based awareness campaigns, provide education through speakers and workshop series, and advise student organizations. For more information on the programs and services of the multicultural center, please visit bit.ly/1CUCosmic.

**WISDOM**

WISDOM is an extension of the COSMIC Science Peer Support program, Women in Science Defining Our Moments (WISDOM) provides additional peer-led support. First-year students receive guidance from upperclass students from similar or shared backgrounds and interests. For more information, visit bit.ly/1CUCosmic.

**FIRST Program**

First-generation college students at Clemson have the opportunity to receive support through the FIRST program. New first-year and transfer students are able to participate in social activities and have access to additional peer-led support. First-generation students also have access to their own student lounge space and speaker series. For more information, visit bit.ly/1CUacademic.

**PEER and WAVS**

Peer-run programs and student organizations are open to both new and continuing students of all gender identities and sexual orientations. WAVS offers an inclusive community where students can comfortably explore and express their identities and find equitable access to appropriate facilities such as bathrooms. Lavender Place is open to both new and continuing students of all gender identities and sexual orientations. For more information, visit bit.ly/CUCosmic.

**Lavender Place**

Lavender Place is an LGBTQIA+ living learning community dedicated to affirming, affirming, and advancing the experiences of students who identify as part of, or allies of, the LGBTQIA+ community. Lavender Place offers an inclusive community where students can comfortably explore and express their identities and find equitable access to appropriate facilities such as bathrooms. Lavender Place is open to both new and continuing students of all gender identities and sexual orientations. For more information, visit bit.ly/CUCElizabeth.

**Student Accessibility Services**

Student Accessibility Services coordinates the provision of reasonable accommodations for students with physical, psychological, attentional or learning disabilities. Accommodations are individualized, flexible and confidential based on the nature of the disability and the academic, environmental, and housing accommodations as specified in section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

Students are encouraged to consult with the Student Accessibility staff as early as possible, preferably prior to the first day of classes. Current documentation of a specific disability from a licensed professional is needed. Further details on policies and procedures can be found at clemson.edu/studentaccess.

**Campus Involvement**

Getting Involved

Students who are involved are generally much happier, make friends with common interests and also have the opportunity to meet upperclass students who can help them navigate the college experience. It also helps with time management and offers leadership opportunities. Student organizations are thrilled to have people interested in what they do and to have their membership grow. The Center for Student Leadership and Engagement offers two intentional opportunities to help students find ways to get involved. The first is Tiger Prowl, which is the University’s Student Organizations Fair. It takes place at the beginning of each semester. More than 300 organizations are represented at the event. The second program is Tiger Connect, where CSLE will match your student with their interests and schedule a one-on-one meeting.

**Notes**

**An Inclusive Community**

- Encourage your student to attend events related to diversity and inclusion.
- Ask your student how they are navigating defining who they are on this new stage of their life.
- Engage in conversations with your student about their experiences developing intercultural competence.
- If you feel your student needs support in navigating campus due to their identities, connect with our staff in the Multicultural Center, Advocacy and Success or any appropriate inclusive student excellence program highlighted in this section.

**Parent Testimonial**

“CONNECTIONS, National Pan-Hellenic Council, Black History Month and the Orientation Ambassador Program immediately came to mind when we think about what has directly impacted our daughters’ acclimation and success at Clemson University. Our oldest daughter graduated, not only with her degree, but with a voice that drops with wisdom, a mind that considers others and a heart full of compassion. Our rising sophomore is excited about being involved in Women in Animal and Veterinary Science and PEER/WISE and is even considering becoming a CONNECTIONS mentor after having a very positive experience as a CONNECTIONS mentee. Like her older sister, she knows that serving as an Orientation Ambassador this summer will afford her the opportunity to represent students of color who are considering Clemson as the future home. We are humbled and grateful that Clemson continues to foster a community that is diverse and inclusive for all students!”

Chris and Leona Dinkins — Blythewood, S.C.
conversation with campus resources. It is a great chance to sit down with someone from their college, a contact in the Center for Career and Professional Development (CCPD), an established leader in Clemson Undergraduate Student Government, or a staff member in the Office of Fraternity and Sorority Life, among many others. Encourage your student to attend both programs. Find out more about how to get involved on Clemson’s campus at bit.ly/custudentorg or by emailing CSLE@clemson.edu.

Role of an RCM
During the course of Orientation, students and parents will hear many abbreviations for different things at Clemson. One of the most frequent and important ones you will hear is “RCM,” which stands for Residential Community Mentor. An RCM is an undergraduate student employed by University Housing & Dining, who lives in a specific residential community. RCMs live and work in residence halls, suites and apartment areas. These student leaders play an active role in the lives of students, beginning the day students move into on-campus housing. Students decide to become RCMs for a number of reasons. Several current RCMs have articulated the value of gaining leadership skills in the position, but the most important thing has been the impact they make for other Clemson students.

The RCM position is a great way for students to find an employment position on campus that allows them to give back and gain valuable leadership and job skills. We encourage students to consider becoming an RCM in their sophomore, junior or senior year at Clemson. The primary role of an RCM is to serve as a mentor and role model for on-campus students. RCMs also help students to navigate the college experience. This includes opportunities for students to learn about themselves and experience independence and self-reliance. RCMs support students’ academic success, encourage life-long learning, help students connect to Clemson and provide opportunities for students to give back to Clemson and beyond. As an upperclass student, RCMs have gone through a variety of experiences at Clemson. RCMs are provided with in-depth training that makes them valuable resources for their residents. If a student is struggling with their transition to Clemson, or if they are having a hard time navigating their roommate situation, their RCM is available to help. RCMs also play an important role in looking out for the safety and well-being of every student. When a desk is not open, an RCM is available by cellphone to provide assistance. We strive to have residential communities that are safe and well-maintained. Students can help their RCM create a safe environment by always carrying their keys, escorting their guests and paying close attention to safety tips on campus. One of the most important things an RCM does is develop personal relationships with students in their residential community. These relationships allow them to connect students to specific resources and help shape their overall Clemson experience. Students should get to know their RCM as soon as possible and begin developing a relationship with them.

Residential Experience Model
We believe important learning happens outside of the classroom and residential environments play a role in that learning. Living on campus at Clemson University is a transformative experience that will prepare and empower students to explore who they are, connect meaningfully with others, engage intellectually, and lead as global citizens. We utilize the Residential Experience Model (REM), which provides a curricular approach to the learning experiences students enjoy from living on campus. REM is aligned with the values, mission and student experiences at Clemson and is rooted in student development and learning theory. REM incorporates multiple strategies of engagement with residents throughout the year— including intentional conversations, structured events and interactive messaging—to engage residents as individuals and connect them to a variety of resources in campus life to promote student success.

Talking Through Roommate Conflicts
Most students would agree their first impression of college and having a roommate comes from movies. These movies often portray an unrealistic view of the college roommate experience.

Fraternity and Sorority Life
• Talk with your student about when is the best time for them to join a student organization to ensure they can balance their academic and extracurricular responsibilities.
• Have conversations with your student about getting connected outside of the classroom. In particular, mention Place Finder to them. Place Finder is a customized involvement matching tool they take during virtual Orientation and can provide clarity for connecting to campus.

Parent Testimonial
“My daughter encountered several differences with her roommates her first year. The RCM was able to intervene and help them work out a solution. RAs (now-called Residential Community managers or RCMs) go through training to prepare them to work with a variety of problems that may surface in residential housing. RCMs try to build community on their halls from day one through activities, meetings and outings.”

Cindy Purfer — North Augusta, S.C.

Notes
Fraternity and Sorority Life
• For those who join a fraternity or sorority, if you feel a situation has occurred that is a violation of the Student Code of Conduct, please fill out an online incident report in the Office of Community and Ethical Standards website at clemson.edu/campus-life/student-conduct.
• Please note: Anonymous reports may be submitted, but the name of the organization and a description of the incident must be provided to begin an investigation.
The scenario typically looks something like this: a student immediately usually on move-in day becomes best friends with their roommate, spends all of their time together, the room is always tidy and eventually they end up in one another’s weddings. Students also speak to other people’s stories: someone who had a roommate that used their things, ate their food, was very messy, etc. At this point, students anticipate the absolute best or the absolute worst scenarios for their experience. In reality, roommate living probably falls somewhere in between. At Orientation each year, we ask our students how many of them had a roommate or even had to share a bathroom. It is incredibly valuable for your student to have realistic expectations of what this experience will be like. They most likely won’t be best friends on the first day. Relationships take time to establish, and it is realistic to think they may have some disagreements about things. They will most likely have very different ways of doing things. This is absolutely normal. Living with someone can be incredibly rewarding, and your student will be gaining more from this experience than they probably even realize. Guide them in figuring out how to get through these areas of conflict. For more information about living and dining on campus, check out clemson.edu/housing-dining.

Things to Consider

• Encourage your student to attend on-campus events, go see a movie or eat meals with their roommate. By setting aside time to spend with one another, they will begin to understand each other even better.
• Encourage open-mindedness in your student and their roommate relationship. They can learn a lot from someone whose background, culture, values and interests are different from their own.
• Advise your student to communicate expectations and avoid frustration. They should discuss individual expectations with each other and addressing conflict when it occurs. If your student feels unable to handle a situation with a roommate, Residential Living staff members are available to assist them.

It is recommended all students living on campus acquire renter’s insurance coverage or confirm coverage through their family homeowner’s policy.

Recreation and Fitness

Campus Recreation

Offered through a variety of activities and experiences, Campus Recreation offers opportunities for your student to live an active, healthy and well-balanced lifestyle. Campus Recreation provides informal and formal programming at three on-campus facilities: Fike Recreation Center, Douthit Hills Fitness Center, and the Snow Student Athletic Tickets

Students can learn more about their options regarding tickets for Clemson athletic events.

Parent Testimonial


“Our son came to Clemson as a packaging science major. While he loves being a Tiger for many reasons, he would immediately tell you he has innately enjoyed the men’s chorus and intramural soccer. These opportunities provide a much-needed break from the academic rigor. Clemson has amazing opportunities in the arts from classes to performing at open mic night at the Barnes Center. In addition, Clemson has numerous intramurals for students. Encourage your student to branch out and explore extracurricular activities. Like our son, they might find they truly value those experiences the most.”

Jason and Rebecca Smith — Lexington, S.C.

Fitness and Wellness

Fitness classes are available for all skill and comfort levels. From everything from large-group fitness classes to small groups and personal training, Campus Recreation has many options to fit your student’s fitness and wellness needs. Formats include cycling, dance fitness, mind, body, functional training, strength and cardio. In addition, the Wellness Zone in the lobby of Fike provides a space to relax between classes and learn about campus resources to help them be well during their time at Clemson.

CORE

Clemson Outdoor Recreation and Education (CORE) provides your student the opportunity to enjoy outdoor adventures in and around the Clemson area. CORE adventure trips are a great way for students to connect with their peers as they participate in exciting outdoor activities such as whitewater rafting, rock climbing, hiking, skiing and more. In addition to adventure trips, CORE’s rental program gives students access to the equipment and expertise they need to get started. CORE has a new home this year, CORE has a new home at the Snow Complex, be sure to check out the Andy Quattlebaum Outdoor Education Center on the lake!

Intramural Sports

The Intramural Sports program serves as a great social and competitive outlet for your student. Students can participate with or against their peers in various sports seasons and tournaments. Intramural sports activities are designed to be inclusive for all Clemson students, regardless of skill level. Therefore, students can find an opportunity to participate whether they are looking for competitive leagues or more recreational events to relax and have fun with friends.

Club Sports

Club Sports give your student the option to join any of our 34, student-led sport teams and to travel and compete against teams from other colleges and universities. Whether your student is looking to continue playing their favorite competitive sport or learn a new one, Clemson’s Club Sports are a great way for your student to meet new friends and be active in a competitive environment simultaneously.

For more information on Campus Recreation programs and services, visit clemson.edu/campusrec.

Student Testimonial

Parent Testimonial

“From our own experiences, we knew the important role a roommate plays in having a successful first year, especially for out-of-state students like our student. Clemson’s online roommate personality assessment test was extremely useful in finding a good match. After selecting each other, our student and their roommate continued to communicate over the summer. It was comforting to know our student knew at least one person before arriving on campus. Amazingly, they have a lot in common, and they like the roommate’s parents as well.”

games on a first-come, first-served basis until student capacity is reached. Tickets are distributed at the designated student entrance located on the southwest side of Littlejohn Coliseum (closest to the perimeter Road and Avenue of Champions intersection, facing the Foster Student Building). Please note: Students are not guaranteed tickets for these events.

Women's Basketball
Admission is free for students upon presentation of a valid CUID. Students can enter Littlejohn Coliseum at any gate.

Baseball
Admission is free for students upon presentation of a valid CUID at the student gate in Doug Kingsmore Stadium. Students will be allowed into the stadium until capacity is reached. Please note: Students are not guaranteed tickets for these events.

Men's Soccer
Admission is free for students upon presentation of a valid CUID. Students can enter Historic Riggs Field at the gate adjacent to Holtzendorff Hall.

Other Sports
Clemson cross country, rowing, women's soccer, men's and women's tennis, track and field, and volleyball are all free to students and the general public with the exception of postseason and special events.

Student Guest Tickets
Student guest tickets are only available for select games and sports based upon availability. Detailed information regarding guest tickets for football, men's basketball and baseball is sent prior to the beginning of each season and is included in the student ticket policy. Please note: Guest ticket availability is subject to change at any time based on demand. Students are limited to one guest ticket per event. Questions regarding student tickets can be emailed to custudenttix@clemson.edu. Please note: Student ticket policies are subject to change. All student ticket information is emailed from custudenttix@clemson.edu.

Health and Wellness
College may be stressful, especially around the beginning of a new semester, midterms and final exams, and it's important your student is physically and emotionally prepared. Encourage your student to create healthy habits, such as engaging in regular physical exercise, eating a balanced diet, getting enough sleep, establishing a routine, prioritizing tasks and trying not to overcommit themselves. There are many resources on campus that can help your student make healthy choices. Students can stay active by engaging in Campus Recreation’s many fitness and wellness classes and trainings, intramural sports and club sports. The dining halls on campus provide many healthy food options for students. They serve a variety of fresh fruits and vegetables, whole grains and protein, and they include nutritional information for all of their meals.

Football
The student ticket policy for football will be communicated in the Spring semester preceding the Fall football season and again in August prior to the beginning of the season. Please note: Students are not guaranteed tickets for these events.

Men’s Basketball
Currently enrolled undergraduate students taking a minimum of 12 hours and graduate students taking nine hours or more are eligible to receive one ticket each to men’s basketball home games on a first-come, first-served basis until student capacity is reached. Tickets are distributed at the designated student entrance located on the southwest side of Littlejohn Coliseum (closest to the perimeter Road and Avenue of Champions intersection, facing the Foster Student Building). Please note: Students are not guaranteed tickets for these events.

Parent Testimonial
"The key to your student being happy at Clemson is getting involved. Whether from in-state or out-of-state, students are all looking to make new friends. Encourage your student to join peers on the same floor or suitemates as often as possible and to attend the many events going on around campus every day. My daughter initially leaned on people she knew from home but eventually spread her wings and now has friends from all over the country. There are hundreds of organizations on campus and many have sign-up opportunities at an event called Tiger Prowl the first week of school. The first week is filled with welcome week events to keep the students busy and interacting."

Kelly Rose — Daniel Island, S.C.

Parent Testimonial
"The summer before my son's junior year, he was dealt a tremendous blow. He lost his dad unexpectedly. His life was shattered, but he had to start school in less than a month. Clemson’s Counseling and Psychological Services (CAPS) reached out to him, but he felt he was okay, and he did not have any extra time to see them. However, during the following Spring semester, he was having issues related to the accident, and he sought help from CAPS. Because of their help, he stayed on track."

Renee L. Pierce — Spartanburg, S.C.

Office of Advocacy and Success
The Office of Advocacy and Success at Clemson serves as a trusted place for care, advocacy and referrals to campus and community partners, which inspires student engagement, success and a sense of belonging. The staff works closely with other areas on campus to foster a sense of acceptance and inclusion for all students while providing care, support and advocacy for the entire Clemson community. For issues of concern related to academic behavior, emotional health, finances, personal wellness, adjustment or other concerns, you may seek support for your student by completing an online CARE report at bit.ly/CUCare-Report or by calling 864-656-0935. A staff member will follow up with the student to offer resources and support. If it is an emergency, call 911.

Student Health Services (SHS)
One of the factors that contributes most to college success is staying healthy. Student Health Services (SHS) is an integrated, inpatient outpatient organization comprised of three divisions: Medical Services, Counseling and Psychological Services (CAPS), and Health Campus. Medical Services and CAPS are located in Redfern Health Center, and Health Campus is located in Fike Recreation Center. SHS staff specialize in treating college students and helping students manage their health, so they can succeed in the classroom and enjoy their college experience. SHS offers consultation with medical and mental health professionals about chronic or acute conditions; preventive care; nutrition; sports-related injuries; and managing medications, stress and anxiety for all students.

Medical Services
SHS provides outpatient ambulatory care for illness and injury, pharmacy, lab, X-ray and specialty services including women’s health, sports medicine, and allergy and immunization clinics on campus at Redfern Health Center. SHS is accredited by The Joint Commission, a nationally recognized accreditation and certification organization. SHS is staffed with board-certified physicians and nurse practitioners as well as many other committed health care personnel. To schedule an appointment.
Counseling and Psychological Services (CAPS)

College life is often a time of transition and challenge. Students face these developmental changes by tapping into their internal resources—family, friends and mentors. In some cases, help is needed from trained professionals. CAPS provides a safe and confidential environment for students to address their concerns. Mental well-being, just like physical health, is necessary for students to meet their academic and life goals. Students most often seek care for anxiety, stress, depression, loneliness, relationship difficulties, eating concerns and questions about identity. The staff at CAPS is committed to facilitating students’ personal growth and well-being while celebrating individual differences.

CAPS operates on a short-term model as an outpatient center; students in need of intensive services will be referred to an outside provider. CAPS offers two ways to initiate services:

- Phone screening: Students can contact CAPS, 864-656-2451, to schedule an intake phone screening appointment with a clinician. During this call, a clinician will gather brief information and schedule the student for an individual assessment.
- Walk-in clinic: Students are seen on first-come, first-served basis, Monday-Friday 10 a.m.-2:30 p.m. Students complete basic forms and are scheduled for an individual assessment.

The assessment allows for understanding of the student’s strengths, presenting needs and expectations for treatment. CAPS utilizes a stepped-care model that orders care options along a continuum and the student enters care at the lowest level of intensity needed. The student may then step up or down to address their needs.

Counseling

Care options, along the stepped care continuum, may include assisting the student to adjust to the University community, accessing self-help resources, participating in skills-building workshops, online treatments or individual counseling. Group therapy is often the optimal form of intervention given that many of the issues students encounter occur in social settings. It follows that working out these issues in a therapeutic social environment facilitates growth.

Care is tailored to the student’s needs, and this may include individual therapy. A physician or psychiatrist consultation may also be recommended. If the issues of concern are related to academics, behavior, emotional health, finances, personal wellness, adjustment or other concerns, you may seek support for your student through the Office of Advocacy and Success by completing an online CARE Report at bit.ly/CUCare-Report or by calling 864-656-1093. A staff member will follow up to offer resources and support. If it is an emergency, call 911.

If you have reason to suspect your student’s well-being is in immediate danger, you can contact the Clemson University Police Department at 864-656-2222 or 911.

Therapy Assistance Online (TAO) Therapy

Therapy Assistance Online (TAO) is an online suite of tools meant to teach life skills, build resilience and encourage positive growth. TAO’s three core educational modules are comprised of brief videos, interactive games and mindfulness exercises meant to help students recognize and confront negative thoughts and behaviors. Specifically, the modules help students struggling with depression, anxiety, relationships, communication, chronic pain, and alcohol and/or drug use. Students can access TAO on their smartphone, tablet or computer and complete the treatments on their own.

If a CAPS counselor assigns TAO, a 10- to 15-minute weekly videoconference appointment is scheduled to monitor progress. However, the student can also self-enroll with their Clemson University student email. The Mindfulness Library has a wealth of resources on various topics of interest to students. To sign-up, visit clemson.edu/caps or search for “TAO Mobile” in the app store.

Mood and Anxiety Management Services

These programs treat symptoms from a holistic perspective with creative approaches, including web-based resources. Given there is often an overlap between anxiety and depression, these programs offer the well-received Tranquility Workshops. This four-week series focuses on increasing self-understanding and self-acceptance while challenging participants to recognize anxiety, stress, depression and increase effective coping.

Relationship and Sexual Violence Services (CU-CARES)

CU-CARES is a program that serves survivors of trauma in both individual and group counseling. Survivors often benefit from providing and receiving support. CU-CARE also provides educational programming to bring attention to healthy relationships for all students.

Alcohol and Other Drugs

The Assessment, Choices, Transitions and Training (ACTT) program assists students with issues resulting from the misuse of alcohol and/or other drugs. ACTT accepts referrals from legal and judicial systems, faculty, staff and family as well as self-referrals. ACTT aims to increase understanding of risk factors associated with both legal and illegal use of alcohol and/or other drugs and promotes responsible decision-making. Educational modules are comprised of brief videos, interactive games and mindfulness exercises meant to help students recognize and confront negative thoughts and behaviors. Specifically, the modules help students struggling with depression, anxiety, relationships, communication, chronic pain, and alcohol and/or drug use. Students can access TAO on their smartphone, tablet or computer and complete the treatments on their own.

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Eating Disorders Program

This program encourages addressing eating concerns through a multidisciplinary approach, which is necessary to address physical, psychological, medical and nutritional perspectives. SHS provides medical and psychological treatment to students struggling with their eating concerns and can refer to a dietitian specializing in the treatment of disordered eating. Body positivity is at the core of our model, and students are empowered to value their unique identities as well as to appreciate their bodies.

Dialectical Behavior Therapy (DBT)

This is the most intense program at CAPS involving one and a half hours of a skills class and one hour of individual therapy for a total of two and a half hours per week. The program is semester-long, covering four areas of exploration: Mindfulness, Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness. This is a very effective program for students wanting to improve their experience and management of emotions.

Psychiatric Services

Psychiatric consultation is available to evaluate and manage the medication needs of clients. Students have access to the in-person psychiatrist or telepsychiatry, seeing a Medical University of South Carolina psychiatrist. Fees for missed appointments and late cancellations will apply.

Consultation and Outreach

CAPS counselors offer a variety of outreach services throughout the academic year and upon request. Services include presentations on mental health issues, skills-building workshops and crisis debriefings. CAPS also provides consultation services to assist

Notes

Recognizing Signs of Concern

If you are concerned about your student and want them to seek help, encourage them to go to Counseling and Psychological Services (CAPS). CAPS is located in Redfern Health Center, and services are confidential. For initial visits, students are seen through the walk-in clinic, Monday-Friday, from 10 a.m.-2:30 p.m. on a first-come, first-served basis.

Based on the initial assessment, follow-up treatment options include: Skills-building workshops and group, couples or individual therapy. A physician or psychiatrist consultation may also be recommended. If the issues of concern are related to academics, behavior, emotional health, finances, personal wellness, adjustment or other concerns, you may seek support for your student through the Office of Advocacy and Success by contacting the Office of Advocacy and Success.

Parent Testimonial

“Clemson has been a wonderful place to watch our daughter mature into a self-confident young woman. As parents, it became our role to guide her as she made her own decisions. We talked less and listened more. It was uncomfortable at first. We wanted to make things easier for her and she did cool! There were a few tears and bumps along the way, but we could not be more proud and amazed as she transformed before our eyes.”

Robin D. Stringer – Anderson, S.C.
students, faculty and staff members with projects or situations where the advice of a mental health professional may be helpful.

Services to Student Athletes
Recognizing the special needs of student athletes, CAPS has an established, collaborative relationship with Military Services to Student Veterans. CAPS supports student veterans by providing counseling services as well as facilitates referrals and connects veterans with various resources on campus.

CAPS on Call
For psychological emergencies, counselors are available for crisis assistance and consultation 24/7. After hours and on weekends, a CAPS counselor can be reached by calling the Clemson University Police Department at 864-656-2222 and asking for the available on-call counselor.

Training Programs
CAPS is home to a doctoral internship program accredited by the American Psychological Association. This program provides a capstone experience for students in counseling and clinical psychology doctoral programs. CAPS also provides a counseling internship experience for master’s counselors-in-training. Both training programs provide services under direct supervision. Undergraduate interns offer an introduction to the mental health service delivery system. Given that leaving home and entering a new educational environment can be a time of transition, paying attention to your student’s mental health is important. Responding to this time of change with some anxiety and a low mood is very normal. Most students rise up to the challenge and, with your support and encouragement, can regain their balance. However, sometimes these issues can worsen and may require more attention. As much as therapeutically possible, CAPS involves the parents as we collaborate to enhance the mental health of the student. However, know CAPS honors each student’s right to confidentiality, and others are only involved with the student’s consent. Given that some mental health needs also require medication, CAPS works collaboratively with Medical Services for medication management. CAPS also provides psychiatric services. Recognizing Signs of Concern
In learning about our many services on campus to support healthy living, you can be our partner to help prevent any issues for your student. Staying alert and in tune to any signs or symptoms of concern will help keep your student healthy—both mentally and physically. Below is a list of signs of concerning behaviors to keep in mind, but also know some are normal during a student’s experience. You will want to look for persistent patterns of behavior that are out of character for your student:

• Changes in sleeping or eating habits
• Recurring colds or minor illnesses
• Frequent muscle aches and/or tightness
• Being more disorganized than usual
• Increased difficulty in getting things done
• Greater sense of persistent time pressure
• Persistently sad, anxious, irritable or empty mood
• No interest in previously enjoyable activities
• Withdrawal from friends and family
• Fatigue and decreased energy
• Overreaction to criticism
• Feeling unable to meet expectations
• Difficulty concentrating, remembering details and making decisions
• Feelings of worthlessness, hopelessness or guilt
• Persistent physical symptoms such as headaches, digestive problems or chronic pains that do not respond to routine treatment
• Substance abuse problems
• Problems with eating or over-counter medication misuse
• Signs of suicidal thoughts

Tigers Together to Stop Suicide
Stress is a normal part of everyone’s life. Most times, students find healthy ways to manage stress. However, there may be times when your student needs help coping. To learn about warning signs for suicide and Clemson University resources to promote emotional well-being, visit clemson.edu/suicideprevention.

Safety First
If your student is experiencing persistent psychological distress, suicide thoughts or actions, hopelessness or helplessness, loss of touch with reality, substance abuse, and/or aggression toward self or others that may be considered a psychological emergency requiring you to act, encourage your student to go to CAPS where they will be seen for an emergency visit. If outside of business hours, they can call a CAPS counselor-on-call by contacting CUPD at 864-656-2222 and asking for the CAPS on-call counselor.

Urgent Care
For those times when an appointment cannot be made in advance, urgent problems or new injuries may be seen on a walk-in basis through the nurse’s clinic. Patients are assessed by a registered nurse who provides treatment or makes an immediate, same-day referral to a physician or nurse practitioner. Waiting times for the nurse’s clinic may vary depending on the number and complexity of these visits. In the evening and late nights, sick students may benefit from calling the after-hours nurse line. Students may call 864-656-2233 and press option two for instructions to reach a registered nurse who will provide advice for self-care and directions for further care if necessary.

If treatment is needed at an outside facility, there are a few urgent care centers, a minute clinic and several emergency rooms in the area, along with virtual health care options. Services at these facilities are at the expense of the student. Visit clemson.edu/studenthealth to see a list of after-hours health care options. If the stress of college life becomes overwhelming, students with after-hours psychological emergencies may call the Clemson University Police Department at 864-656-2222 and ask to speak with the CAPS on-call counselor.

MyHealth-e
The student MyHealth-e web portal (redfernweb.clemson.edu) is an online resource for managing many health matters. Students may schedule and cancel appointments, upload insurance cards and immunization records, sign up for text message appointment reminders, complete forms, communicate with certain staff and providers through secure messages, view print bills, and update their profile.

Pharmacy
SHS: full-service pharmacy, staffed by experienced, licensed pharmacists and technicians. Life prescriptions prescribed by SHS providers and/or outside providers, located in-state or out-of-state. They accept cash, check, cashier’s checks, and credit cards. Pharmacy staff is available to answer any questions or concerns regarding all pharmacy needs. SHS accepts most pharmacy insurance plans and offers a Script-to-Go refill program. Refill medications are available for purchase, and a Drive-Through Box is available for safe medication disposal. Visit clemson.edu/studenthealth to learn more about the pharmacy.

Health Fee, Insurance and Billing
Full-time students will pay a health fee that supports services offered by SHS, including professional services of physicians, nurse practitioners, nurses and health promotion professionals and Counseling and Psychological Services. Individual, couples and group sessions; workshops; online treatment programs; case management; and crisis intervention at no additional cost. Payment of the health fee also supports the after-hours nurse line; health and wellness promotion and prevention programs, presentations and resources from Healthy Campus; surveillance and reporting of infectious disease threats; emergency planning, and reporting of infectious disease threats; emergency planning, and reporting of infectious disease threats; emergency planning,
and response; and campus public health policy consultation. Supplemental services such as, e.g., pharmacy and specialty clinics incur an additional charge.

SHS courtesy files as an out-of-network provider for many medical insurance plans. Students are encouraged to upload their insurance information as SHS is no longer responsible for any charges not paid for by their insurance plan. After insurance is processed, any remaining balance is put to student responsibility. Students will receive an online secure message billing statement the first Monday of each month. Students should pay outstanding balances online through MyHealth-e with a credit/debit card and most HSA cards. Students may also pay in person at the Pharmacy with cash, personal check, HSA, Apple Pay or Tencent Pay. Unpaid balances will be placed on the University account prior to the beginning of each new semester.

The Clemson University Student Health Insurance Plan (SHIP) is also available for students who need insurance at a very affordable price. The SHIP is a major medical health plan that meets the requirements of the Affordable Care Act. This plan is available to undergraduates enrolled in six or more credit hours on a voluntary basis. Health insurance is mandatory for full-time graduate students on the main campus, graduate assistants at any campus location and a voluntary basis for students enrolled at the Upstate campus. Enrollment forms will be provided online and must be completed and returned by the deadline in July to secure health insurance coverage for the upcoming academic year. The SHIP is commonly used among college students, in a 2019 (CSLE) confirming if there is a new or one-time survey of new students at Clemson University, 39% of respondents reported abstaining from alcohol use and an additional 26% were classified as nondrinkers (having not consumed alcohol in the past year), and 15% were classified as occasional drinkers. Negative consequences associated with alcohol and drug use include injury, sexual assaults, mental health concerns, substance dependence, automobile accidents, police involvement and poor academic performance. Families and students should familiarize themselves with Clemson’s policies and risk-reduction strategies related to alcohol and other drugs.

Clemson is committed to maintaining an environment that is health, safe and attractive for all members of the Clemson University community. Clemson offers many resources for students related to alcohol and other drugs. These include educational programming and activities from Healthy Campus through Counseling and Psychological Services (CAPS), and substance-free events through Campus Life. If you begin to have concerns about your student’s alcohol or other drug use, you can refer them to self-assessment tools through Healthy Campus or the Assess, Connect, Train, and Transition (ACTT) program through CAPS. ACTT offers psychological educational groups for alcohol misuse and therapy groups for marijuana use and other addictions. In addition, students who choose to participate in individual therapy to address alcohol and other drug use focused on increasing self-understanding and moving toward healthier lifestyles. For more information about the ACTT program and self-assessment tools, visit clemson.edu/alcohol.

Healthy Campus

We strive for Clemson University to be a national model of health, safety and sustainability and for our students to experience a way of life at Clemson University that contributes to their lifelong health and well-being. Healthy Campus strives to achieve this by providing exemplary leadership and advocacy for public health, engaging learning activities and population-level interventions.

Healthy Campus offers information and presentations focused on but not limited to the following areas both online and as requested: alcohol and other drugs, anxiety, body image, building social connections, depression, disorders, empathy, fitness, interpersonal violence, mental health, mindfulness, nutrition, safety on social media, sexual health, sleep, stress, sustainability, tobacco and other health-related topics. Two major educational activities organized by Healthy Campus for new students are AlcoholEdu and一般的首字母Academia. A web-based tool for new students to complete throughout Orientation. In this online educational activity, students learn about the mental and physical effects of alcohol, prepare for active college life and review state laws, policies and University policies related to alcohol use. Aspire to Be Well is a peer-led, health- and safety-focused dialogue presented by Healthy Campus faculty. This 90-minute dialogue covers areas key to maintaining a healthy and safe lifestyle, including overall well-being, alcohol and other drug misuse prevention, mental health and suicide prevention, and interpersonal violence prevention while focusing on bystander intervention.

Encouraging Emotional Wellness

Help your student overcome, recover and draw strength from difficult situations. Resilience is a key way to make it through tough times. The Mayo Clinic defines resilience as “the ability to adapt to difficult situations.” For students, resilience is bouncing back from what life throws at you.

College presents a prime opportunity to learn resilience as students will face various obstacles, such as transitioning to a new environment, adapting to a new campus culture and making friends, not to mention the reason why they’re there—school! “Resilience skills can help students not just get through college but actually thrive and flourish while doing it,” said Paula Davis-Laack, who designs resilience training programs for professionals and organizations.

The good news is resilience is something everyone can learn. Here are key ways you can help your student build resilience during and after college:

• Social connections—building and maintaining strong social ties with family and friends is a fundamental way to become more resilient when life knocks you down.
• Take care of your physical health—having enough sleep (at least seven hours), eat a balanced diet and exercise.
• Get plugged into your community—join a club, faith-based organization or a civic group.
• Be proactive—when faced with a challenge, it is important to acknowledge the difficult emotions you may be feeling such as anger or despair. At the same time, making a plan for how you will overcome is just as important in order to give you a sense of autonomy over the situation. If your problem seems too big at first, try breaking it up into bite-sized goals.
• Practice mindfulness—mindfulness consists of focusing on the present moment in a non-judgmental fashion. Check out Clemson’s mindfulness class called Krou Mindfulness at clemson.edu/healthy-campus.

Research and resilience experts in the past have remembered former helpful and unhelpful coping strategies can help dictate what will help you succeed in the present moment.

Need other resources? Healthy Campus, The Mayo Clinic and the American Psychological Association have great resources on resilience.

Safety

Every member of the campus community is responsible for safety awareness. Multiple agencies work cooperatively to educate the campus community about all aspects of personal safety. The Clemson University Police (CUPD) is responsible for campus law enforcement and security. All CUPD officers are sworn law enforcement officers and are responsible for promoting

Notes
It is important for everyone in the campus community to remain aware, informed and take appropriate safety precautions every day. Unfortunately, there is always a possibility an emergency may occur. The campus community has several options to use to alert officials of emergency situations. 911 is the best number to call for all emergencies. For nonemergency issues, calling 864-656-2222 will connect you to the campus dispatcher. Large, yellow emergency call boxes are located across campus (see parking map for exact locations). Students are encouraged to become familiar with the location of these boxes as pushing the button will connect you to campus dispatch.

Rave Guardian

Rave Guardian is a free, smartphone-based security application and optional personal safety mobile app that allows users to call 911, call CUPD, set up a safety timer, notify specific people about their status and location, and submit anonymous text messages to CUPD about security threats or problems. For more information, visit bit.ly/CUguardian.

Understanding Title IX

The federal government requires colleges and universities to have better support, education and prevention of interpersonnel violence including sexual violence, stalking and relationship violence. As a result, many institutions, including Clemson University, offer training for faculty, staff and students related to understanding Title IX as well as options and resources available. Through Title IX, students who have been impacted by sexual assault, relationship violence, stalking or house or stalking can receive information, support and resources. There is a web-based course all students receive and are strongly encouraged to take in addition to other educational programming offered throughout the year. For more information about safety, visit clemson.edu/cusesafety.

Parking and Transportation

One of the most commonly asked questions is, “Does my student need a car?” This is a personal decision for you and your student. While parking is limited, Clemson has created provisions for both having a car and not having a car.

If a student does have a car and they plan to park it on campus, they will need to register the car and purchase a permit through Parking and Transportation Services. There is an annual parking permit application process online. Permits are mailed to the address provided prior to the beginning of the academic year. Students can get a prorated parking permit if they bring their car for only part of the academic year. Parking permits run August to August, annually.

Campus parking lots, spaces and zones are specifically marked for the appropriate parking permit. See the parking map and parking permit regulations by permit type at clemson.edu/parking/permit. Stay-up-to-date on all news and changes within Parking and Transportation Services via their social media pages. Facebook: @CUParkingAndTransportation. Instagram: @Clemson_Parking. Rave Guardian app. Get push notifications sent directly to your mobile device by enrolling in specific parking or transit channels on the myClemson app.

There are several convenient ways to get around campus and the city of Clemson without having a vehicle including the following:

Bicycles

Bicycles are an easy way to get around campus quickly. Bike racks are available all over campus to secure bikes, and the CUPD provides a service to register bikes and engrave your information free of charge. All Clemson Area Transit (CAT) buses are equipped to handle bicycles for further travel.

BikeShare is a bicycle sharing program through B-Cycle. With five stations across campus, students may check a bike out at one station and return it to any of the other stations on campus. Included in your $15 annual membership fee is two hours free with each reservation. Additional fees may apply for reservations longer than two hours. Sign up by visiting clemson.bcycle.com.

CarSharing: ZipCar

Car sharing is a program for people who are looking for an alternative method of transportation in order to save time and money! The hybrid and low-emission vehicles are great for local errands and even road trips! Annual membership in the program is required, and fees are based on how long the car is used. To register and reserve cars, visit zipcar.com/clemson.

Tiger Transit

Tiger Transit is used on campus in two ways. The first way is for shuttle bus services around campus and connections to satellite campuses like the Clemson Research Park in Anderson or the Clemson University International Center for Automotive Research (CU-ICAR) in Greenville. Tiger Transit is also a late-hour shuttle service, providing door-to-door rides from any location on Clemson’s campus. It operates seven days a week from 6 p.m. – 6 a.m. Students can request a ride by using the myClemson or TransitLoc apps. Real-time bus tracking is available in each app.

Tiger Commute and Greenlink

Tiger Commute is a Clemson University service for students who drive. Operated by Tiger Transit, this bus provides shuttle service from the Academic Success Center to CU-ICAR in Greenville and shopping opportunities in Easley. Connections to other Greenville campuses, including Patowomack, University Center and Greenville One in downtown Greenville, are available at CU-ICAR by transferring to a GreenLink bus for free by showing a CU-ICAR GreenLink is the City of Greenville’s public transit agency. Route times vary throughout the day and year. For more information, visit clemson.edu/parking/transit.

Clemson Carpool

For students living off-campus, Parking and Transportation Services offers preferred parking for drivers with carpool permits. To get one, each member needs to show proof of their registered vehicle and matching class or work schedules at least four days a week. Carpool groups of three or more receive FREE parking permits.
Getting Home

Tiger Transit Holiday Airport Shuttles
Offered by Parking and Transportation Services, Tiger Transit holiday airport shuttles to the Greenville-Spartanburg and Charlotte airports are free and available for students around University holidays and breaks. Seats are limited and not guaranteed for every student. Seats are booked by your student on clemsonbus.com using their gctemail.edu email address. Visit the Airport Shuttle page at clemson.edu/parking/transit for shuttle operating days and times and when reservations open for each break. If a seat on Tiger Transit is unavailable, third party providers are available.

Both the Atlanta and Charlotte airports are approximately two hours from Clemson; the Greenville-Spartanburg International Airport is approximately one hour from Clemson. Visit clemson.edu/visit or clemson.edu/parking for more information.

Finances

Clemson University’s financial team is comprised of Student Financial Aid, Scholarships and Student Financial Services. The offices of Student Financial Aid and Scholarships award scholarships, grants, loans and work-study and are available to answer questions regarding eligibility and applications, including the Free Application for Federal Student Aid (FAFSA). The Office of Student Financial Services is responsible for the University’s billing process and can assist families with inquiries about payment plans, payment methods, University charges and refunds. These offices work closely with students and their families to provide the most up-to-date information and resources. We recommend visiting each website’s often for important deadlines and announcements.

Applying for Aid

Need-based aid, such as grants, student loans and work-study, requires the submission of the Free Application for Federal Student Aid (FAFSA). Each year, students and families should complete the FAFSA to secure aid for the next academic year. The FAFSA priority deadline is March 1 for incoming first-year students. Continuing students should renew the FAFSA annually by April 1. For families who need additional assistance, applications for parent PLUS loans and private loans should be submitted annually by June 30.

In cooperation with the Office of Admissions, recruiting scholarships are awarded on the basis of the student’s admissions application, high school transcript and official test scores received by December 31. South Carolina residents are considered for state merit-based scholarships, including the Palmetto Fellows, LIFE and Hope scholarships. Continuing students are automatically considered for general and departmental scholarships on the basis of their college work.

When financial aid is awarded, students will receive an email alerting them to view their awards in iROAR. Students must review and accept the terms and conditions of their awards before they can individually accept or decline their financial aid. Available funds will be credited to the student bill, except for work-study stipends, which are paid bi-weekly based on the hours worked. Arranges for direct deposit of financial aid refunds to avoid handling large sums of cash and discuss with your student ways to budget funds for the entire semester.

Bill Payment

Final tuition rates are typically set in July before the Fall semester. Tuition and fees are based on the average costs for full-time students (12 or more credit hours per semester for undergraduates). Fees include all required charges for full-time enrollment plus average lab fees. This figure does not include differential fees, such as for behavioral science or business majors. It also does not include optional fees, such as for the Clemson University Honors College. Books and supplies are based on a survey of student expenses for books and required coursework material for all majors. These expenses will vary by major and other factors (new versus used, bookstore versus online, etc.). Room and board estimates are based on average bed costs for on-campus housing and the full-access meal plan. In addition to the items outlined above, students will have varied personal, medical and transportation expenses. Consider the cost for trips home, laundry, toiletries and entertainment as you plan your finances. The student bill will be available in iROAR in mid-to-late July. A paper bill is not mailed. The bill must be paid by the payment deadline to avoid late fees and class cancellations.

An eCheck is the University’s preferred method of payment and is offered with no additional processing fee. An eCheck is a direct debit from your checking account that is applied instantly to your tuition bill. An eCheck payment option is available in the Student Billing section in iROAR. A physical check can also be mailed to the Student Financial Services office in G-08 Sikes Hall or by mail. The student’s Clemson ID number should be written on the check. Credit cards are also accepted as payment via iROAR but are not accepted in person. Clemson University accepts MasterCard, Discover, American Express and Visa. There is a 2.85% processing fee for each credit card payment. Payment Plans are available through iROAR and require monthly payments throughout the semester. Additional information is available on the Student Financial Services website.

529 College Savings Plans are accepted by Clemson University. Please ask your plan administrator to include the student’s Clemson ID number to ensure proper credit. Payments should be mailed to G-08 Sikes Hall and must arrive prior to the published payment deadline.

If your student is part of the South Carolina Tuition Prepayment Program, please submit a copy of the “South Carolina Tuition Prepaid Program Identification Card” to the Office of Student Financial Services. This can be done by having your student scan and email a copy of their card or letter (as soon as possible) to preappidplans@clemson.edu or drop it to the Office of Student Financial Services. If your student has another state prepaid plan, please contact that state’s program administrator and complete the required forms to use the benefit at Clemson.

Personal Finance Management

College is a time for students to gain independence and to learn important life skills, including how to manage finances. Parents and students should discuss financial pitfalls and ways to avoid costly mistakes. For more information on financial literacy, visit clemson.edu/finance/student-financials.

Notes

Finances

Bookmark each of the following websites to stay up-to-date and informed on important deadlines and announcements:

- clemson.edu/financial-aid
- clemson.edu/financial-aid/types-of-scholarships
- clemson.edu/finance/student-financials

Bill Payment

- Encourage your student to apply for Federal Work-Study, a program that provides jobs for students with established financial need through submission of the FAFSA. Students not qualifying for Federal Work-Study can look for part-time jobs through ClemsonJobLink.
- Encourage your student to get connected. The Office of Financial Aid disseminates program and event information and helpful advice on Facebook (search “Clemson University Student Financial Aid”) and X (follow @ClemsonFinAid).
- Encourage your student to be proactive. Clemson University’s Office of Student Financial Aid periodically presents a Financial Awareness Week filled with seminars focused on reaching students how to fill out the FAFSA, how to connect with scholarships and budget for the future.
- Encourage your student to plan in advance. Some scholarships are awarded for only the first year of college while others are open for application throughout the year. The Office of Student Financial Aid provides resources and search engines on their website to connect students to open scholarships.
- Encourage your student to become familiar with these resources to make the financial aid process less stressful.
Notes

College Finance Lingo

Personal Finance Management

Discuss the proliferation of credit cards offers. Consider adding your student to your credit card and setting a spending limit. If your student is ready for a personal card, discuss the importance of timely payments and building a strong credit score.

Encourage responsible borrowing. Student loans play a valuable role in financing higher education, which is a worthy investment. However, students need to monitor their indebtedness and borrow only enough to meet their educational and basic living expenses.

College Finance Lingo

1098-T
This tax document reports qualified tuition and related expenses (tuition and fees billed to the student for enrollment or attendance at an eligible educational institution) and scholarships and grants for any given calendar year. This document is released prior to January 31 of each year and is retrievable through iROAR.

529 Savings Plans
State-sponsored investment plans, officially called Qualified Tuition Programs (QTP), help families save money for college. The plans have tax benefits, so your savings can grow faster. The money in the accounts can be used only for education expenses.

Authorized Users
Students are permitted to add parents and guardians to their account who may have an interest in their financial records. Authorized user can be granted varying levels of access to the student’s account including the ability to view the student’s tuition bill, make a payment, enroll in a payment plan or retrieve 1098-T tax information.

Cost of Attendance (COA)
COA is the total amount of college expenses before financial aid. Cost of attendance includes money spent on tuition and fees, room and board, books and supplies, and living expenses. Cost of attendance can also include reasonable amounts for study-abroad programs and personal computers.

e-statement
This electronic document reflects all financial activity and balance due (if any) and is sent to students via iROAR the first business day of the month.

eCheck
An electronic check (eCheck) is a direct debit to a checking account. When making an eCheck payment, you must provide your routing number and account number. There is no convenience fee associated with an eCheck and is Clemson’s preferred payment method.

e-refund
This is an electronic refund, which allows students to receive funds in excess of tuition and fees via direct deposit. Students can sign up for e-refunds by logging into their student bill in iROAR.

Financial Aid
This is money given or loaned to help pay for college. Financial aid can come from federal and state governments, colleges, and private and social organizations.

Free Application for Federal Student Aid (FAFSA)
The FAFSA is a free application form a student submits to apply for federal financial aid. It is required for all students seeking federal student grants, work-study programs and loans. Most colleges require it as well. The FAFSA may also be used to determine if your student qualifies you for state-sponsored financial aid.

Federal School Code (also, Title IV Institution Code)
This code identifies each college, campus or program to a financial aid program. A code related to each of your college applications must be included when filling out a FAFSA. These codes are available by contacting the school or checking an online listing. Clemson’s code is 003425.

Priority Date
This is the date by which you must apply, whether it’s for college admission, student housing or financial aid, must be received to be given the strongest consideration. Since financial aid is often limited, meeting the priority date is important to be eligible to receive funds.

Need-Based Financial Aid
This form of financial aid is allocated based on financial need of the student. Most scholarships are considered merit aid, generally awarded for success in school, the arts, athletics or other areas.

Grant
A grant is money given to students for their education. Often based on need, grants may come from federal or state programs, or sometimes from private charitable organizations. It does not have to be repaid.

Work-Study
The Federal Work-Study program provides jobs for undergraduate and graduate students who have established financial need through the submission of FAFSA.

Student Loan
A loan is money you borrow and must pay back with interest. If you decide to take out a loan, make sure you understand who is making the loan and the terms and conditions of the loan. Student loans can come from the federal government, from private sources such as a bank or financial institution, or from other organizations. Loans made by the federal government, called federal student loans, typically have more benefits than loans from banks or other private sources.

Subsidized Loan
Also called the Stafford Loan or Direct Subsidized Loan
This is a federal loan based on financial need and borrowed for the purpose of attending college or an eligible training program. The federal government pays the interest on the loan while the student is enrolled at least half time.

Unsubsidized Loan
Also called the Stafford Loan or Direct Unsubsidized Loan
This is a federal loan available to students, regardless of financial need, borrowed for the purpose of attending college or an eligible training program. The student is responsible for paying the interest on an Unsubsidized Loan during all periods.

Parent Loan for Undergraduate Students (PLUS)
Also called the Direct PLUS Loan
This is a federal loan available to parents of undergraduates with good credit history. The maximum amount you can receive is the cost of attendance (determined by the school) minus any other financial aid received.

Master Promissory Note (MPN)
This form promises repayment and is signed by a student or parent when taking out a student loan. An MPN is a legal document that contains the Borrower’s Rights and Responsibilities and Terms and Conditions for repayment.

Resources: bigfuture.collegeboard.org/pay-for-college; studentaid.gov

Parent Testimonial

“I have been so impressed by how helpful and accommodating the different administrative departments on campus have been to me as a parent. Whether it be answering a question concerning my daughter’s tuition bill or addressing concerns about her transitioning to college, everyone I have dealt with has gone out of their way to be friendly and take time to help,”

Linda Davidson — Annandale, Va.
Parent Testimonial

“Although our daughter wished she had done more research on the politics, economic issues and social relations in the country where she studied, her overall experience studying abroad made her very confident. She has shared on several occasions how much she enjoyed Argentina. She has a new passion and drive in future goals she did not have before. The experience also gave her the opportunity to connect with other people from different cultures and backgrounds.”

Charlene and Tensley Cheeks — Chesnee, S.C.

Opportunities

Students continuing beyond their first year and transfer students are often looking for opportunities to continue to make the most of their time in college while also preparing for life after college. Take time to encourage your student to start looking at career development options, leadership development and graduate school. This is also the time your student may begin to think about off-campus housing. You can’t forget about the excitement that awaits surrounding graduation!

As you navigate supporting your experienced Tiger, it is also important to recognize each new year in college can present new challenges in their transition. Most notably has been the sophomore slump. Yes, the sophomore slump is a thing. Your student’s first year in college is exciting! They are excited to come to college and start their journey as an adult. They are curious about what college is like, in college is exciting! They are excited to come to college and start their journey as an adult. They are curious about what college is like, to connect with new people. For many students, college becomes a home away from home and to leave it brings many of the same emotions and feelings they experienced when they left home to begin their studies. It is also important to recognize that for some students they still have many questions or unknowns about life after college. Overall, there is a lot happening.

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Study Abroad

Clemson University students are strongly encouraged to incorporate an international experience into their time at Clemson. There is a variety of programs offered to Clemson students, which include third-party, exchange and faculty-directed options. All study abroad programs are offered through Clemson’s partnerships and affiliations with overseas universities, study abroad providers and institutions. Programs are available for all disciplines and interests including internships and volunteer opportunities. Nothing adds to a college experience like living and learning in a new and exciting global environment. Whether students go a few weeks, a semester or an entire year, the lessons they learn and the perspectives they discover from foreign study will stay with them long after graduation. Once they’ve decided they want to study abroad, they should talk with their academic adviser and attend a Study Abroad 101 session, offered twice a week in Martin E-304, to learn about how to start the process.

Top Five Myths

1. Study Abroad will make my student miss out on important college experiences. Students can study abroad and still graduate in four years. Whether studying abroad in-country or overseas, students can earn their degree in the same amount of time as they would back home. Many programs offer internships abroad, and any study abroad experience will improve a student’s resume. In today’s global marketplace, international experience demonstrates an ability to work independently and shows a level of communication, knowledge and leadership skills found in opportunities off campus.

2. Students won’t graduate on time if they study abroad. Students can study abroad and still graduate in four years. Whether they participate in a third-party, exchange or a faculty-directed study abroad program they will receive credit for their study abroad that can go toward their major or minor. Students should plan ahead and meet with both their academic adviser and study abroad coordinator.

3. Students need to speak a foreign language. Students do not have to speak a foreign language to study abroad. Clemson offers many programs taught in English that are located in countries whose native language is not English. Studying abroad can also be a great way for students to learn a foreign language, even if they start from the beginning.

4. Studying abroad won’t work with my student’s major. Studying abroad can fit the course schedule. Many programs offer internships abroad, and any study abroad experience will improve a student’s resume. In today’s global marketplace, international experience demonstrates an ability to work independently and shows a level of communication, knowledge and leadership skills found in opportunities off campus. The study abroad Orientation academic engagement session has many of these answers. For more information, visit clemson.edu/studyabroad.

Graduate Degrees

Your student should consider whether a graduate degree is required to reach their professional goals as soon as possible. Academic advisers can help your student map out career goals and how to meet them. It is also important to recognize each new year in college can present new challenges in their transition. Most notably has been the sophomore slump. Yes, the sophomore slump is a thing. Your student’s first year in college is exciting! They are excited to come to college and start their journey as an adult. They are curious about what college is like, in college is exciting! They are excited to come to college and start their journey as an adult. They are curious about what college is like, to connect with new people. For many students, college becomes a home away from home and to leave it brings many of the same emotions and feelings they experienced when they left home to begin their studies. It is also important to recognize that for some students they still have many questions or unknowns about life after college. Overall, there is a lot happening.

Creative Inquiry is one of Clemson’s unique academic programs, which encourages collaborative research between professors and students. The projects help students apply what they are learning in class to real-world settings. Our daughter, a senior majoring in international health, participated in a project at an elementary school, which focused on the effect exercise and nutrition have on the diabetes rate in young children. Participation in CI is a great way to get to know professors, meet other students and hone research skills.”

Drew and Caroline Czerkawski — North Wilesboro, N.C.
avenues to solve problems and get answers. Students often find themselves presenting their work at national conferences and finding questions from professionals. This invaluable experience produces exceptional graduates. Our CI participants develop critical thinking skills, learn to solve problems as a team and hone their communication and presentation skills.

One of the best ways to start learning about CI projects happening in a student’s field of study is simply by engaging with faculty members and asking what projects are happening. Students and faculty members can team up to apply and submit ideas for new projects to be created. Topics and opportunities are boundless. Learn more about CI or search current projects by visiting bit.ly/CUCreative.

Creative Inquiry

Clemson is recognized as a top-ranked, research-intensive institution for its undergraduate research programs. One of the very unique aspects of Clemson University’s research initiatives compared to its peer institutions is Creative Inquiry (CI). CI is the imaginative combination of engaged learning and undergraduate research and is available to any undergraduate student.

In this section, students take on problems that spring from their own curiosity, a professor’s challenge or the pressing needs of the world around them. Team-based investigations are led by a faculty mentor and typically span two to four semesters. Students take ownership of their projects and explore unique areas of inquiry. Creative Inquiry is an academic-engaged-learning program that provides students with opportunities to work in small teams in laboratories or in the field. Students are employed full-time in these co-op assignments by companies who partner with the program. Co-op assignments are flexible experiences that involve multiple rotations, provide a contextual dimension to the college curriculum. Students add to their fund of knowledge in their field as they engage in project work at the co-op site. The student’s experience is closely monitored by the program’s academic staff throughout their participation. Each student is assigned to a co-op adviser who will guide them through a structured placement process before monitoring/evaluating their experience for learning outcomes and professional development. Cooperative Education, as the term implies, represents a collaborative effort between the University and participating companies.

Students may qualify for the Co-op Program after satisfactorily completing 30 hours of coursework and declaring their major. Transfer students may qualify after one semester of coursework at Clemson. Students normally enter the program as sophomores or juniors and complete two to five rotations in a co-op assignment. Engineering majors must complete a minimum of three rotations (two regular semesters and one summer) to complete the program and receive a certificate. All other majors may complete the program with two rotations. Some majors may require students to complete the Co-op Program as part of the curriculum, although students pay a course fee each academic term to receive a grade in the program. Internship credits can be transferable to other institutions, if approved through the University’s Cooperative Education Office and participating companies.

Students have the opportunity to work with Clemson faculty and staff as well as receive an internship notation on their transcript. The CCPD offers a variety of services for students to find internships. In addition to providing counseling and resources that aid in the internship search process, part-time and full-time, zero-to-three credit hour internship courses, are denoted on students’ academic transcripts, are also available through the CCPD. The full-time INT courses also allow students to maintain their University enrollment status while interning. Students enrolled in the program can work with Clemson faculty and staff as well as receive an internship notation on their transcript. Internship credits on the student’s academic record may be taken as Pass or No Pass. Students pay a course fee each academic term that coincides with the internship rotation.

Career Development and Experiential Education

Center for Career and Professional Development (CCPD)

Part of a college student is letting them explore their career interests and helping them to learn discipline-specific content outside of the classroom setting. Providing opportunities to learn through engagement and to develop professionally are highly valued by students as well as by the University. Students may do this through cooperative education assignments, on-campus internships, and off-campus and international internships. These opportunities help students to start developing competencies that employers and graduate and professional schools expect. For more information about these competencies, visit career.clemson.edu/career.

Cooperative Education Program

The University’s Cooperative Education Program (Co-op Program) is an academic-engaged-learning program that provides students with opportunities to work and learn under mentors in their fields of study. Students are employed full-time in these co-op assignments by companies who partner with the program. Co-op assignments, which are robust experiences that involve multiple rotations, provide a contextual dimension to the college curriculum. Students add to their fund of knowledge in their field as they engage in project work at the co-op site. The student’s experience is closely monitored by the program’s academic staff throughout their participation. Each student is assigned to a co-op adviser who will guide them through a structured placement process before monitoring/evaluating their experience for learning outcomes and professional development. Cooperative Education, as the term implies, represents a collaborative effort between the University and participating companies.

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Off-Campus and International Internships

On-Campus Internships

The University Professional Internship and Co-op (UPIC) Program offers students paid, on-campus professional learning experiences. Students have the opportunity to work with Clemson faculty and staff as well as receive an internship notation on their transcript. Internship credits on the student’s academic record may be taken as Pass or No Pass. Students pay a course fee each academic term that coincides with the internship rotation.

Off-Campus Internships

An internship is a learning environment that integrates classroom knowledge with career-related work experience. Internships can be a vital link between college majors and the exploration of professional opportunities. Students are able to participate in a domestic internship or off campus, as well as internationally. Specific requirements will vary depending on the type of internship and the student’s major. Internships are typically offered for a specific period of time during the Spring or Fall semester (14-16 weeks) or during the Summer (10-14 weeks). Students are strongly advised to begin their search at least four to six months in advance. Students are also advised to attend a workshop, contact their department or visit with a career counselor at the beginning of each semester. The CCPD offers a variety of services for students to find internships. In addition to providing counseling and resources that aid in the internship search process, part-time and full-time, zero-to-three credit hour internship courses, which are denoted on students’ academic transcripts, are also available through the CCPD. The full-time INT courses also allow students to maintain their University enrollment status while interning. Students enrolled in the program can work with Clemson faculty and staff as well as receive an internship notation on their transcript. Internship credits on the student’s academic record may be taken as Pass or No Pass. Students pay a course fee each academic term that coincides with the internship rotation.

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Our son gained real work experience with the Cooperative Education (Co-op) Program, working at an international chemical

Employers and graduate and professional schools want students
to learn more about the CCPD, visit clemson.edu/career

Departments and Major Requirements
Internships typically involve working with a professional mentor on a structured project relating to a student’s major or career interests. Credit-bearing internship courses may be available through a student’s academic college or department. Some majors may also require students to complete an internship as part of the curriculum. Further inquiries about departmental internship requirements should be directed to the specific department.

Career Fairs
Career fairs are a great way for students to professionally network as they engage in their job search process. The Michelin Career Center, part of the Center for Career and Professional Development, coordinates a variety of career fairs every semester. There is a larger fair each semester for all majors and levels in school. In addition, the CCPD works with other departments on campus for more industry-focused fairs. All of these fairs give the opportunity, based on the employer’s selection and process, for students to interview after the event or in the semester. Make sure your student attends all of the pre-fair events where employers assist us in preparing students to shine. Visit the CCPD website for more information: clemson.edu/career.

Mock Interviews
Mock interviews are a service included in career counseling appointments at the CCPD. Prior to the appointment, students will submit their resume to be reviewed by a career counselor. During the mock interview, a career counselor will ask general interview and industry-specific questions. Through this experience, students get professional experience in answering the questions while gaining feedback and guidance on answering different types of questions. Students should take advantage of this resource no matter what industry they are entering.

Graduate School Options
Students might be considering professional or graduate schools. The CCPD suggests some guiding reflections for your student:

• Do they have a clear idea of the program or specialized area to pursue?

• Can they start a career within their field with only a bachelor’s degree?
• Do they want to spend more time in school?

These questions are valid because committing time and money to another degree is a big decision. The CCPD is available through career counseling appointments for discussing and researching graduate and/or professional school options. The CCPD is also available to assist with the writing of curriculum vitae and personal statements for graduate and professional school admissions. Visit the CCPD’s website for more information: clemson.edu/career.

Students need to polish skills they have, develop skills they don’t have and apply them in a variety of settings. Students should continue to take advantage of the countless opportunities Clemson offers and visit the CCPD to learn how to articulate the skills they have acquired.

Core Competencies
Employers at graduate and professional schools want students to demonstrate the knowledge, skills and attitude (competency)
necessary for success in their respective fields. Students need to

Student Alumni Association
The Student Alumni Association (SAA) is an open-membership organization supported by the Clemson Alumni Association. SAA is a way for undergraduate students to enhance their experience while at Clemson University. SAA provides a way to connect and foster a lifetime of service and connections with our University. SAA members enjoy many benefits:

• The “Ever Loyal” card (discount card). This discount card is given to all members of SAA and has a variety of discounts for local businesses, which are only available to SAA members.
• SAA T-shirt: Every member receives an SAA T-shirt.
• The “BEAT” T-shirt: During the week prior to certain home Clemson Football games, SAA members can pick up free “BEAT” T-shirts at various places around campus for the game.
• Appreciation days: In order to thank all members of SAA for their gifts to Clemson and their dedication to the University, the Student Alumni Council holds an annual SAA appreciation day in the Spring for all current members.
• Networking opportunities: Network with other students and alumni. Membership information can be found at clemson.edu/alumni.

Leadership
By the second year, there’s a good chance your student has found one or two clubs or organizations they are participating in. One way to link to their involvement activity to gain valuable career experience is by seeking out leadership experience within the organization. Having great leadership skills is one area most employers expect, yet it is not always taught directly within classes.

Center for Student Leadership and Engagement
Developing students to be capable, confident leaders who are able to take action to make positive, sustainable change has long been a priority for institutions of higher education in the U.S. In addition to developing students to be the leaders our world requires upon graduation, leadership development has a significant impact on the college student experience. We have found that leadership development increases a college student’s self-efficacy, academic performance and personal development. At Clemson, the Clemson Leader framework provides a path to leadership development for all students. Students are encouraged to create their own leadership plan of study and engage in both curricular and co-curricular leadership and community engagement experiences. Learn more by following Clemson_CSLE on Instagram. Some of these experiences offered by CSLE include:

Women In Leadership Conference
This annual conference is focused on leadership and efficacy in leadership, giving conference attendees a better understanding about challenges and areas for growth for women in leadership. It also gives them knowledge, skills and values to engage in the leadership process.

Alternative Break Programming
These programs engage a group of students in direct service over a typical school break. Clemson is proud to have a 10-year history of offering these experiences and now offers trips over Fall, Winter and Spring breaks. Each trip is designed around a particular social issue with exploration and immersion in that issue beginning long before the trip itself. Students educate themselves and each other, then do hands-on work with relevant organizations. These experiences challenge them to think critically and compassionately—and to understand there’s no such thing as “not my problem.” Upon return, participants are empowered to make more informed decisions and to take meaningful action to support community effort.

Clemson has a strong relationship with numerous community agencies in the local area and is proud to partner with them throughout the year to offer students opportunities to develop their citizenship skills. In addition to ongoing service opportunities, at least one large day of service is offered each semester: in the Fall, Fall Day of Service, and in the Spring, the MLK Day of Service. These days of service are open to all students and can lead to other
Moving Off Campus

Students interested in engaging with our local community can reach out to our Community Leader Development team to schedule a volunteer consultation. Students will complete a brief inventory about their interests, availability and access to transportation. Then a member of our team will follow up for a brief conversation to connect students with community agencies in need of volunteers!

Certified Student Leader Program

Offered every semester, the Certified Student Leader (CSL) Program provides students with comprehensive leadership education and experiences. As a cohort, students will spend 10 weeks together learning about different topics related to leadership from staff on campus while engaging in critical dialogue with their peers. At the end of this experience, students will have explored their personal leadership beliefs and strengths, connected with other students and staff on campus and in the community, and transformed their involvement. Participants who complete the program also gain a preferred hiring status at leadership positions across campus (such as the Resident Assistant position).

Leadership Week Leadership Week is a week-long, student-focused celebration at Clemson geared toward exploring topics related to inclusive excellence, collaboration, leadership for social change, career readiness and self-exploration. Students are invited to participate in any number of sessions offered by campus departments, student organizations and community partners.

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Volunteer Consultations

A volunteer consultation is more a one-on-one conversation to consider your student’s portion of the rent, initial deposit, first and last month’s rent, cost of food, utilities, cable, internet, furniture and appliances, laundry costs, and transportation to and from campus. Responsibilities

Responsibility

Students living off campus may often have non-student neighbors. This provides students the opportunity to interact with many different types of people, such as working professionals, couples and families. It can also be helpful to talk about what may happen away from the immediate campus community. While living next to non-student residents can be beneficial, students must remember these neighbors may be less tolerant of some college student behaviors. Students will need to be mindful of who they live near. Though the privacy of an apartment may be nice, students need to consider how isolated they may begin to feel without a community of students surrounding them. These students may have to work harder to stay engaged on campus and with friends since they move off campus. Being off campus sometimes allows for a different atmosphere than being on campus. Students may end up somewhere quiet with non-student neighbors, or they could find they are somewhere with a majority of students, and it can be distracting. It is helpful to think through each area and who the general occupants are to get a gauge on the area.

Year-Round Housing

If students plan to stay in the Clemson area over the summer for work or class, already having an apartment can make that process much easier. Remind your student the importance of asking about lease dates up front to see if they meet up with your student’s plans.

Space

In some apartment complexes space can look very different. Each room may be a different size and may make rent a different amount for each roommate. Thinking through the different spaces and what types of furniture will be necessary are things to help your student think about before making the decision to live on or off campus. Cost

There is the possibility that the cost of living off campus could be equal to, or higher than, the cost of living on campus. Students need to consider their portion of the rent, initial deposit, first and last month’s rent, cost of food, utilities, cable, internet, furniture and appliances, laundry costs, and transportation to and from campus. Many of these expenses may not be in one bundle as they are with on-campus options.

Packing and Transportation

Students should consider how they plan to travel to and from campus. We encourage students to check the availability of public transportation, purchase a commuter parking pass if parking on campus, determine shuttle and bus routes, and/or determine if their apartment is in a reasonable walking distance from the University. They also need to take into consideration the time of day they will be making their commute.

Safety

Encourage students to examine the safety features of their new environment. How is access into the area controlled? Is the area well lit? How far will they have to walk from public transit or where they park to their apartment? What policies are in place that encourage safety?

Moving Off Campus

The decision to move off campus can bring a new sense of independence for students but may also bring a new set of challenges. The following are a few things to discuss with your student if they decide to move off campus. While we recognize it may come down to personal reasons for whether your student chooses to live on or off campus, students are encouraged to live on campus at least through their sophomore year.

Independence

When living in a residence hall, students must follow certain policies established by the University for the safety and well-being of all residents. Living off campus provides freedom from some of these policies and allows students to set their own standards in line with community standards. It is helpful to remind your student that where they are looking to live will also have policies they should become familiar with. Clemson students are held responsible to follow our community standards whether they live on or off campus.

Responsibility

Signing a lease, paying rent and utilities, commuting to campus, cooking and cleaning will help students develop responsibility. This responsibility will also begin to build the student’s rental history. On campus, there are support systems students have access to within the residence halls that can be helpful in navigating conflicts, whereas, these systems may be less accessible when living off campus.

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Notes

Moving Off Campus

We can guess that this may be the first time your student signs a lease for an apartment, or you may be signing a lease on behalf of your student. Either way, take the time to review the lease together. This is a great learning opportunity for your student to gain some “real-world” experience.
has to offer. Seniors receive information via email communications leading up to Senior Week.

**Graduation Preparation**

**Official Graduation Logistics**

In order for a student to graduate, they must have completed all degree requirements within their major. It is important for your student to connect with their advisor several times in their last year to be sure they have completed all degree requirements. In addition to completing all degree requirements, your student must apply for graduation. Remind your student the importance of checking their email as graduation information will typically be sent out months before the actual application deadline. Outside of applying for graduation, your student will also need to order their cap and gown if they plan to walk across the stage at the traditional commencement ceremony. If your student is involved in any honor societies or on campus organizations, they should check to see if their special cords or stoles are available for purchase. For specific information about the commencement ceremony, you can check the Registrar’s website at clemson.edu/registrar.

**Helpful Reminders for Graduation Planning**

Hotels tend to fill quickly on graduation weekend, so plan to reserve rooms 60 days in advance. It is also helpful to think of any additional activities you would like to plan that weekend, including making reservations at your student’s favorite restaurant or securing a photographer if your student wants professional photos in their cap and gown. For specific information about the commencement ceremony, you can check the Registrar’s website at clemson.edu/registrar.

**Clemson Alumni**

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**Clemson Alumni Career Services**

The Clemson Alumni Association offers a variety of career resources to all alumni one year after they have graduated. The Alumni Center and the CCPD have built relationships with many top-recruiting agencies as well as many of the Clemson Clubs across the country to offer assistance in career services for our alumni. Some of these include networking, mentoring and employment opportunities.

**Clemson Clubs**

Another way for you and your student to stay connected after graduation is to join a Clemson Club. Because of the varied locations and interests of our Clemson Family, we have developed Clemson Clubs and interest groups across the country to provide special opportunities for information, volunteerism, celebration and activities.

There are a variety of Clemson Clubs throughout the country for alumni to network, cheer on the Clemson Tigers Football team and host programs for potential new Tigers. Joining a Clemson Club is a great opportunity to meet other Clemson fans in local communities and stay in tune with what is happening with the Tigers. Clubs are listed on the Clemson Alumni website: bit.ly/CUalumniclubs.

**Homecoming**

Homecoming is a great opportunity for alumni to return home to Clemson, meet with old friends and classmates and enjoy campus once again. Each year, the Clemson Alumni Association invites alumni back for various tailgates associated with clubs, groups and colleges. The Clemson Alumni Association provides details for these events several weeks prior to homecoming to ensure alumni have a full itinerary before arriving back on campus. To learn more, visit alumni.clemson.edu/homecoming.

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Suggestions for Enhancing Your Relationships with Your College Student

As a parent or guardian, your support, guidance and direction have assisted your student’s acceptance into a top-ranked public institution. For many parents and guardians, raising a child is a time of significant periods of growth and change. Your student is learning how to be a college student. Orientation is the start of our support for you in understanding these changes. You will be reminded of these changes at Family Weekend, through divisional newsletters and from other communications from the University. We encourage you to remain supportive of your student while they manage their emotions, become autonomous, foster competence, develop relationships and discover their purpose. The end of their college journey, you will be amazed and proud of the person and professional they will become.

1. Ride the Emotional Roller Coaster, Practice Soft Skills

As the parent of a new transfer student, you may have concerns about the college experience they are facing. The Transfer Student Experience can best be defined as a period of transition. For some, it is a time to create a new or altered identity from the one they had in high school. Many students will develop new identities, seek new roles and engage in experimentation. Recognize as they are in this time of exploration, they may look and act differently. For example, they may develop new eating habits, express different political viewpoints and dress differently. Preparing yourself mentally and recognizing these transitions as expected will allow you to respond appropriately.

2. Promote Autonomy

Transfer students may find they are learning a new campus again—where the academic buildings are, where the closest dining hall is located, where they should park and what the parking rules are on campus. We find our transfer students tend to apply navigational skills they learned from their previous institution to their new campus. This can sometimes add stress, as the new campus has an entirely different culture and process. Additionally, transfer students are learning to navigate their new environment through communication and information received. Clemson may have some systems in place similar to other institutions, but some things are very Clemson-specific. New transfer students often

Stay Connected

Clemson University recognizes college can be a big transition for families and want to help prepare you the best we can. We have come up with some resources specifically to support you and your family through your student’s time at Clemson. Below is a list of specific ways for you to stay connected as a family:

Family Communication Resources

Note: Publications listed below are available electronically at clemson.edu/parents:

- 2024-25 Family Experience Calendar
- Clemson Family Handbook
- Clemson Parent and Family Experience Portal
- Social Media: @ClemsonCSLE on Facebook, @Clemson_SA and @Clemson_CSLE on Instagram, @ClemsonSA on X and @ClemsonSA on YouTube
- Family website: clemson.edu/parents

Family Events

- Fall Family Weekend
- Spring Family Weekend

Family Staff

- Center for Student Leadership and Engagement
- 864-656-0515 or cufamilies@clemson.edu

Student Development

For most students (and parents), attending college can be an anxious time—exciting but potentially overwhelming. No matter how prepared you think you are, you can still experience anxiety. It is okay to experience anxiety. Having the privilege of participating in higher education is a transformative experience. It is a time for self-exploration—exploring new interests, trying out new things. This may create a variety of emotions for parents. Much literature exists to help, but we would suggest you simply do what you have done to ensure the success of your student up to this point. The following are five beneficial tips to aid a successful transition from high school to college.

1. Ride the Emotional Roller Coaster, Practice Soft Skills

The next few years will seem like a roller coaster for you. There will be ups and downs, twists and possible mistakes made along the way. Your student will need your patience, a listening ear and a healthy dose of empathy. You know your student better than anyone. Listen to them and allow them to solve their own problems themselves. Trust you have done a great job raising them. Remember this is their time to shine!

2. Promote Autonomy

Your natural inclination is going to be to solve everything for them in the next few years. We urge you not to do this. They need to handle their own problems. Realize you will likely see and talk less to your student. Wait for them to reach out—they will do so when and if it is needed.

This distance does not mean anything is wrong, it simply means they are becoming more independent and becoming their own decision makers. Encourage them to utilize the numerous campus resources, especially the free ones—the Academic Success Center, writing centers, Counseling and Psychological Services, student organizations—and remember the Clemson Parents website also offers many resources. Good parenting is learning to let go, and everything up to this point has been about letting go. You created good boundaries for them, and they will be successful because of the experiences you fostered.

3. Embrace Your Own Changes

Simply because you sent your child to Clemson does not mean you will not worry and share concerns for them. Your worry does not go away—you will worry about their safety, what they are doing and who they are hanging out with. When experiencing such feelings, remember you helped your student successfully navigate the educational process, and they are becoming more independent and becoming their own decision makers. Encourage them to utilize the numerous campus resources, especially the free ones—the Academic Success Center, writing centers, Counseling and Psychological Services, student organizations—and remember the Clemson Parents website also offers many resources. Good parenting is learning to let go, and everything up to this point has been about letting go. You created good boundaries for them, and they will be successful because of the experiences you fostered.

4. Opportunity to Start Over

College can best be defined as a period of transition. For some, it is a time to create a new or altered identity from the one they had in high school. Many students will develop new identities, seek new roles and engage in experimentation. Recognize as they are in this time of exploration, they may look and act differently. For example, they may develop new eating habits, express different political viewpoints and dress differently. Preparing yourself mentally and recognizing these transitions as expected will allow you to respond appropriately.

5. Encourage Involvement and Engagement Both In and Out of Class

One of the biggest benefits to college is students have the ability to engage in many opportunities. Of course, academic success and learning is at the forefront, but students who glean the most from their collegiate experience invest in both academic and non-academic activities. Clemson has more than 700 honor societies, student organizations, clubs and sports organizations and participating in these opportunities is one way to augment the undergraduate experience.

The Transfer Student Experience

As the parent of a new transfer student, you may have concerns about how your student will make the transition from their previous school to Clemson. Many parents are as excited as their student is about the opportunity to enroll as a new transfer student and what that means for their son or daughter as they continue their undergraduate education at Clemson. Parents should also know there are unique situations many new transfer students face as they begin their first semester.

Transfer students may find they are learning a new campus again—where the academic buildings are, where the closest dining hall is located, where they should park and what the parking rules are on campus. We find our transfer students tend to apply navigational skills they learned from their previous institution to their new institution. This can sometimes add stress, as the new campus has an entirely different culture and process. Additionally, transfer students are learning to navigate their new environment through communication and information received. Clemson may have some systems in place similar to other institutions, but some things are very Clemson-specific. New transfer students often
tell us they feel a little disoriented until they learn the routines for
such services as the CAT Bus system and how to find the campus
recreation schedule for fitness classes or intramurals. The feeling is
usually short-lived as new transfer students will find the campus to be
a welcoming place where people are friendly and willing to meet
other students.

Transfer students will also make new friends and expand their social
connections at Clemson. Most new transfer students report they
meet new friends in their classes by introducing themselves, joining
a study group for a class or working together on a group project
assignment.

Naturally, students will also find they can join as many clubs and
groups as they would like by searching the TigerQuest system for
organizations on campus. bit.ly/TigerQuest. Clemson has more than
500 recognized student organizations, and current students
will simply use the search feature on TigerQuest to find clubs
and groups they are interested in joining or learning more about.
New transfer students may also experience a change in academic
expectations and rigor when they enroll at Clemson. As a top public
Tier-one research institution, Clemson is both academically
challenging and stimulating. Students will have opportunities
unique to Clemson such as Creative Inquiry courses, which provide
hands-on research opportunities for undergraduate students at
Clemson. Clemson also provides a wealth of academic services
designed to support new students during their academic transition.
Peer-Assisted Learning, tutoring and other support services provide
the necessary help whenever a new transfer student needs some
assistance.

Parents play an important role during this time of transition for their
student. We rely on parents to let us know when they are concerned
about their student for any reason—not making new friends,
experiencing academic stress or simply not feeling like they are
fitting in.

Support a (Safe) Birthday at Age 21

In the United States, turning 21 is often a milestone for young adults
and can be marked with numerous celebrations, which often involve
alcohol. Choosing not to drink alcohol under age 21 because
it is illegal is a major reason why some students abstain. Underage
students may fear the possibility of getting in trouble and/or hold
moral beliefs the law should be upheld. After a student reaches the
age of 21, however, some may contemplate the decision to
try alcohol or continue their decision to abstain. Students who
have been nondrinkers in the past may decide to experiment with
alcohol. Students who chose to consume alcohol illegally before age 21
can feel a sense of "now what?" New elements are introduced with
options to drink at bars and purchase alcohol, such as driving under
the influence, easy access to alcohol if it was so desired at the
financial cost of buying alcohol.

We encourage you to continue a dialogue about what your student
may be facing, contemplating and/or peer pressure they may deal
with. Ask about their friends, weekend activities, how they plan to
celebrate their birthday and decisions now that they are 21.

Discuss how things are different if alcohol is consumed at a bar or
when purchasing alcohol elsewhere. For educational resources for
families and students, visit clemson.edu/alcohol.

Clemson Traditions

Solid Orange

Launched in 1999 as a marketing campaign by the University,
“Solid Orange” is all about sportsmanship and building an
environment that is respectful for teams, the University and the traditions that make Clemson Special. Every
Friday, students, faculty, staff and alumni everywhere can be found wearing Clemson orange in a show of unity and pride.

Tiger Rag

In 1942, student band director, Dean Ross, found the sheet music for “Tiger Rag” in an Atlanta music store and brought it back
to campus to play at football games. “Tiger Fanfare,” by band
director Mark Spede, was added in 2003. Today, the band has
more than 15 ways to play what’s known as “the song that shakes
the Southland.”

Howard’s Rock

Named for legendary Coach Frank Howard, the rock was brought
to Clemson from Death Valley, California, by 1919 alumnus S.C.
Jones. On September 24, 1966, the day the rock was first placed
at a pedestal at the top of The Hill, Clemson overcame an 18-point
deficit to defeat Virginia in a 40-35 victory. The following season,
when the Tigers hosted Wake Forest in the season opener on
September 23, 1967, Howard told his players “If you’re going to give
me 110 percent, you can rub that rock. If you’re not, keep your filthy
hands off of it.” The Tigers won that game with a 23-6 victory and
a Clemson tradition was born. The rock still sits at the top of The
Hill, and Tiger football players rub it for good luck before each home
game.

Running Down The Hill

The tradition of running down The Hill (located above the east end
zone) began out of practicality in 1942. The shortest walk from
the team’s dressing room in Fine Fieldhouse to the stadium was to
walk down Williamson Road and enter a gate where the stadium’s large
scoreboard now stands. Today, with the sound of “YOUR CLEMSON
TIGERS!” a cannon fires, the band plays “Tiger Fanfare” and thousands
of orange-clad fans cheer the moment when the Tiger football team
runs down the grassy hill onto the field. A tradition that has been
dubbed “The Most Exciting 25 Seconds in College Football.”

First Friday Parade

Since 1974, the First Friday Parade has been held the Friday before
Clemson’s first home football game to celebrate the beginning of
the school year and kick off the football season. Student
organizations, community groups and University departments
down Highway 93 to Williamson Road before ending at
Historic Riggs Field for a pep rally.

Orange and Purple

The use of orange and purple began when Walter Riggs formed
Clemson’s first football team in 1896. Riggs brought the game from
what is now Auburn University and with it, some of Auburn’s old
orange and navy jerseys. Because the jerseys had gone through a
few washboard scrubblings, they were quite faded. So Riggs made
the school’s predominant color orange (now officially known as
Clemson Orange) and the faded condition of the navy became
a deep purple (officially known today as Regalia).

The Tiger Mascot

When Walter Riggs started Clemson’s football program in 1896,
he allowed his players to pick the team mascot, and they chose
“Tigers,” borrowing from Princeton University who had just won the
national championship. Since 1954, a Clemson student has
worn the Tiger mascot suit, joined by the Cub in 1993. At football
games, the Tiger does push-ups every time Clemson scores to match
the point total while the student section counts the push-ups and
cheers him on, especially when their players rack up the points.

Notes

The Transfer Student Experience

• Faculty members have office hours — encourage your
  student to go.
• Always introduce yourself to a faculty member; it will be easier to
  ask for help if trouble is encountered.
• Many residential communities have strong faculty
  connections through faculty-in-residence or faculty friends. Encourage
  your student to connect with them and to seek out guidance from the faculty perspective.

Support a (Safe) Birthday at Age 21

We encourage you to keep the lines of communication open
and discuss things with your student frequently. Parents can
assist their students by helping them understand transition as a temporary state; once the student has been in classes and has
begun to meet other students, they will soon feel they are
part of the Clemson Family.

The influence, easy access to alcohol if it was so desired as the
financial cost of buying alcohol.

We encourage you to continue a dialogue about what your student
may be facing, contemplating and/or peer pressure they may deal
with. Ask about their friends, weekend activities, how they plan to
celebrate their birthday and decisions now that they are 21.

Discuss how things are different if alcohol is consumed at a bar or
when purchasing alcohol elsewhere. For educational resources for
families and students, visit clemson.edu/alcohol.
The Clemson Paw

The Clemson Paw was introduced as the new athletics logo in 1970. It was modeled from a cast of a real tiger paw at Chicago’s Natural History Museum. It has a one o’clock tilt to reference the football gamers’ kickoff time in 1970s. You will find the Paw everywhere around campus and town showing pride and support for Clemson University.

Clemson Ring

The first Clemson class rings were issued in 1896. The “C” surrounding a palmetto tree on a black background is one of the most recognizable of all college rings today. Copyrighted so only Clemson alumni and students with more than 90 hours may have received them, the ring contains art elements representing the University’s land-grant and military heritages as well as the motto, “Who shall separate us now?” Seniors may receive their rings the ceremony, each student is called on stage to receive their ring with friends and family there to watch. The Ring Ceremony celebrates what the Clemson Family is all about and marks an important milestone in the life of a Clemson student!

Clemson Blue Cheese

Clemson Blue Cheese was first cured in the Stumphouse Tunnel outside Walhalla in 1941, by a Clemson dairy professor who recognized the tunnel’s perfect conditions for curing. In 1958, the curing process was moved to the Agricultural Center in Newman Hall. Today, you can buy the blue cheese at the ‘55 Exchange store on campus or online at clemson.edu/bluecheese.

Homecoming and Tigerama

The excitement, spirit and enthusiasm of homecoming celebrations have been a Clemson tradition since 1914. During the week preceding the game, student organizations build homecoming displays on Bowman Field which consist of telephone poles, wooden frames and tissue paper called “pomp” stuck into chicken wire to make images or designs. Beginning in 1957, Tigerama – one of the nation’s largest student-run pep rallies – incorporated skits by student groups, fireworks and the crowning of the homecoming queen on the Friday night before the football game.

Founder’s Day

The anniversary of Clemson University Founder Thomas Green Clemson’s death on April 6, 1888, is commemorated each year with a Founder’s Day ceremony. The ceremony includes a prayer service at St. Paul’s Episcopal Church in nearby Pendleton where he was buried.

New Student Convocation Pin

Clemson students have officially begun their Clemson career upon receiving their new student convocation pin. This symbolic transition to Clemson is founded upon Clemson’s Core Values and marks the official start of a lifetime of pride and honor.

Lovers’ Lane

Campus superstition says that a stroll through President’s Park with your sweetie is sure sign an engagement ring is in your future. The legend is, couples who walk hand-in-hand through the park will marry.

Senior Sidewalks

Walk around campus and you’ll see names engraved on the sidewalks underfoot. In the 1950s, graduating seniors began raising money to build sidewalks, imprinting their names, and thereby their legacy, in them. Today, the names of more than 53,000 alumni have been engraved.

Alma Mater Salute

During Clemson’s early military days, first-year students wore “rat caps” and waved them in the air during football games. Today, at the conclusion of singing Clemson’s alma mater, students and alumni still wave their hands in the air with folded hands underneath as though holding a cap.

Military Heritage

Clemson University has a proud tradition of military excellence. Beginning with the first graduating class of 1896, more than 10,000 Clemson men and women have served in the armed forces. Today, Clemson Army and Air Force ROTC cadets carry on the rich tradition of the historic Cadet Corps. Clemson’s military spirit is commemorated through sites such as the Military Heritage Plaza, overlooking Bowman Field, which served as Clemson’s earliest military drill complex. The 18 step memorial and plaza feature an array of ribbons and honors, the footprints of brave service members and inscriptions from alumni classes.

The Tiger Paw-Stamped $2 Bill

In 1977, Georgia Tech decided to stop playing football against Clemson. In a show of protest, students and alumni stamped $2 bills with Tiger Paws and used them in Atlanta to show the money that Tiger fans bring to athletic events. Today, Clemson fans continue to take Tiger Paw-stamped $2 bills to away games to show the economic impact our fans have on a city.

Scroll of Honor

The Clemson Corps, a constituent group of the Alumni Association, developed the Scroll of Honor to recognize those alumni who have given the ultimate sacrifice in service to their country. To date, 493 alumni have been identified. The Clemson Corps coordinated a universitywide effort to construct a memorial to honor these heroes. The Scroll of Honor Memorial is located adjacent to the east gate of Memorial Stadium across from Howard’s Rock.

The Clemson Story

Initially an all male, all-white military school, Clemson Agricultural College opened in July 1883 with 446 students. Clemson became a coeducational, civil institution in 1955. In 1963, with the admission of Harvey Gantt, Clemson became the first traditionally white institution in South Carolina to desegregate since Reconstruction. With academic offerings and research pursuits, the institution became Clemson University in 1964. For more on the history and traditions at Clemson University, visit clemson.edu/about/traditions.
Contacts

Academics and Finances

General Academic Concerns
Undergraduate Studies
101 Vickery Hall
864-656-3022
todd@clemson.edu
clemson.edu/ugs

Academic Coaching and Course Support Programs
Academic Success Center (ASC)
Class of ’56 Academic Success Center
864-656-6452
asc@clemson.edu
clemson.edu/asc

Registration
Office of the Registrar
102 Sikes Hall
864-656-7955
registrar@clemson.edu
clemson.edu/registrar

Accessibility
Student Accessibility Services (SAS)
239 Class of ’56 Academic Success Center
864-656-6848
CUSAS@clemson.edu
clemson.edu/accessibility/student-accessibility-services/index

Library
Cooper Library
116 Sigma Drive Cooper Library
864-656-3027
library@clemson.edu
libraries.clemson.edu

Career, Major and Internships
Center for Career and Professional Development (CCPD)
316 Hendrix Student Center (HSC)
864-656-6000
career-Lists@clemson.edu
clemson.edu/career

Student Finances
Student Financial Aid
G-01 Sikes Hall
864-656-2283
finalaid@clemson.edu
clemson.edu/financialaid

Student Financial Services
G-08 Sikes Hall
864-656-5592
studentbillquestions@clemson.edu
clemson.edu/finance/student-financials

Health and Safety

Health and Well-being
Office of Advocacy and Success
202 Hendrix Student Center
864-656-0935
clemson.edu/studentaffairs/find-support/as

Student Health Services (SHS)
Redfern Health Center, 735 McMillan Road
864-656-2233
Appointment Line: 864-656-1541
redfern@clemson.edu
clemson.edu/studenthealth

Counseling and Psychological Services (CAPS)
Redfern Health Center, 735 McMillan Road
864-656-2451; After-hours Emergencies: 864-656-2222
clemson.edu/caps
Healthy Campus
304 Fike Recreation Center
864-656-2038
clemson.edu/healthy-campus

Safety
CU Police Department (CUPD)
120 Raivenel Center Plaza
864-656-2222
police@clemson.edu
clemson.edu/cupd

Fire and Emergency Medical Services
1521 Perimeter Road
864-656-2242
cufd-ems@clemson.edu
clemson.edu/cufd

Access and Equity/Title IX
Office of Access and Equity
223 Bracket Hall
864-656-3181
cue@clemson.edu
clemson.edu/title-ix

University Housing & Dining

The following is the usual protocol for residents who are experiencing a roommate conflict or concern on the hall:
• First contact: resident assistant on the floor
• Second contact: graduate community director or community director
• Third contact: assistant director

For more information about University Housing & Dining, visit clemson.edu/housing-dining. If you have a specific question, please contact one of the following offices.

Housing
Main Office
100 Mell Hall
864-656-2295
clemsonhome@clemson.edu
housing.clemson.edu

Maintenance
864-656-5450
housing.clemson.edu/maintenance-requests

Dining
Registered Dietitian
864-656-9424
nutrition@clemson.edu

clemson.campusdish.com/healthandwellness
Have a Question but Unsure Where to Start? We are Here to Help!

**Student Services**

Advocacy and Success  
202 Hendrix Student Center  
864-656-0930  
bdmckni@clemson.edu  
clemson.edu/studentaffairs/find-support/sas

Athletic Ticket Office  
1 Avenue of Champions  
864-656-2118  
cutoutline@clemson.edu  
clemson.tigers.com/tickets

Campus Recreation  
Swarn Fitness Center at Five  
864-656-3453  
welcomecenter@clemson.edu  
clemson.edu/campusrec

Campus Reservation and Events  
Guest Services Desk, Second Floor, Hendrix Student Center  
864-656-6118  
reserve@clemson.edu  
clemson.edu/studentaffairs/services/cre

Center for Student Leadership and Engagement  
329 Sirrine Hall  
864-656-0515  
csle@clemson.edu  
clemson.edu/studentaffairs/csle

Clemson University Barnes & Noble Bookstore  
Douthit Hills Hub  
864-656-2050  
clemson.edu/bookstore

Community and Ethical Standards  
864-656-0510  
clemson.edu/campus-life/student-conduct

Fraternity and Sorority Life  
100 Norris Hall  
864-656-7578 or 864-656-2295 for housing  
greek@clemson.edu  
clemson.edu/campus-life/fraternity-sorority-life  
or bit.ly/2pOozFw for housing

Military and Veteran Engagement  
307 Hendrix Student Center  
864-656-0908  
veteran@clemson.edu  
clemson.edu/studentaffairs/find-support/mve

**Municipal Court**  
Gentry Hall, 191 Old Greenville Highway  
864-656-5258  
court@clemson.edu  
clemson.edu/campus-life/municipalcourt

OMBRUS  
Suite 203, 135 Old Greenville Hwy  
864-656-5258  
tbyer@clemson.edu

Parking and Transportation Services  
310 Klugh Ave, Suite B  
864-656-2270  
parking@clemson.edu  
clemson.edu/parking

Student Mail Services  
Package Delivery and Pickup  
Dillard Building, Top Floor  
864-656-2351  
studpm@clemson.edu  
clemson.edu/print-smart/student-mail-services  
Please note: A student must register for a post office box in order to receive on-campus mail.

TigerOne Card Services  
Suite 201, 135 Old Greenville Hwy  
864-656-1979  
tigeronecard@clemson.edu  
clemson.edu/tigerone

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864-656-2161

**Senior Associate Vice President for Student Affairs**  
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214 Hendrix Student Center  
864-656-2982

**Assistant Vice President Student Health and Wellness Services**  
Redfern Health Center  
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**Associate Dean of Students and CCPD Executive Director**  
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864-656-6000  
bonel@clemson.edu

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100 Norris Hall  
Gary Wiser, Ed.D.  
864-656-4928  
gwis@clemson.edu
Our mission is to promote holistic development in inclusive, supportive environments that empower students to thrive.

Student Affairs will deliver the preeminent student experience.

Deliver the No.1 Student Experience