

# Quarantine & Isolation Resources

Quarantine and Isolation can add to academic stress and confusion. Here are some resources to help you with some of your questions.



## Center for Student Learning (CSL)

Many of the Center for Student Learning tutoring, Supplemental Instruction (SI), and academic coaching services are available virtually each week!

Virtual Tutoring:

1. Go to the website.
2. Scroll down to the lab schedule to find the subject
3. Click on the schedule, virtual = yellow highlighted hours.
4. Click Red 'Virtual Tutoring Appointment' button & follow prompts.

To access Virtual SI Sessions:

1. Check the SI Session Schedule .
2. Orange highlighted sessions are virtual.
3. Contact the CSL front desk if you need assistance.

To make a Virtual Academic Coaching Appointment:

1. Complete the form to schedule a virtual coaching appointment:  
<https://tinyurl.com/43v4dvfn>
2. Want to know more about academic coaching?  
<https://tinyurl.com/cce9j86a>

[csl.cofc.edu](https://csl.cofc.edu)

## Center for Academic Performance and Persistence (CAPP)

How Can CAPP Help? We are committed to providing support & guidance related to academic policies & procedures as well as fostering connections to appropriate resources.

We are offering virtual, in-person and phone appointments.

Schedule an appointment to speak with someone:

- If you are struggling with your classes.
  - Need more information about your probation contract.
  - If you require midterm advising.
- Questions about the First Year Impact Program? Connect with your Peer Academic Coach or Robin Stewart [stewartr@cofc.edu](mailto:stewartr@cofc.edu)

<https://capp.cofc.edu/>

## Library

All library resources and services are available virtually from the library website: <https://library.cofc.edu/>

- Search for scholarly resources using Discovery Service  
[https://pascal-cofc.primo.exlibrisgroup.com/discovery/search?vid=01PASCAL\\_COFC%3ACOFC&lang=en&mode=advanced](https://pascal-cofc.primo.exlibrisgroup.com/discovery/search?vid=01PASCAL_COFC%3ACOFC&lang=en&mode=advanced)
- For print books or DVDs, use <https://answers.library.cofc.edu/ask>, and we'll make arrangements for material pickup on our loading dock in the parking lot beside the library (AD).
- If you need assistance completing your assignments, chat with our librarians and staff online (<http://answers.library.cofc.edu/>) or make a Zoom appointment (<http://libcal.library.cofc.edu/appointments/>).
- Feel free to email Associate Dean Christa Poparad at [poparadce@cofc.edu](mailto:poparadce@cofc.edu) or call 843.953.8014 with any questions.

or concerns.

## Academic Advising and Planning Center

Students assigned to advising can be scheduled through Appointment Manager to discuss academic plans or concerns. Students not assigned to our office can contact their assigned faculty advisor or utilize the Quick Question Drop-In Service from 2:00 -4:00 p.m. Monday - Friday. To do this virtually, call the main number 843.953.5981, request virtual, & you will be sent a zoom link when you are next in the queue.

[advising.cofc.edu](https://advising.cofc.edu)

## The Counseling Center

TCC treatment services are available to students in quarantine & isolation. We are offering online appointment requests, and virtual appointments and consultations.

In addition, we have TAO, Therapy Assistance Online, a free self-guided, interactive online program with education, practice tools, & a mindfulness library. Just register with your cofc email to access this free resource.

[counseling.cofc.edu](https://counseling.cofc.edu)

## Students 4 Support

Students 4 Support is a group of highly trained volunteers who provide nationally recognized crisis response techniques in a non-judgment environment.

They are available by text and zoom Monday through Thursday from 12 to 9 p.m.

Just text "4support" to 839863  
[@Students4support](https://www.instagram.com/Students4support)

