

## Resources for HPEB Graduate Students

### ACADEMIC RESOURCES

#### HPEB Information, Forms, and Resources

- [HPEB graduate degree forms](#)
- [Graduate school forms](#)
- Key faculty and staff in HPEB:
  - Academic Programs Coordinator: Casey Giraudy ([goldston@mailbox.sc.edu](mailto:goldston@mailbox.sc.edu))
  - Administrative Assistant and Office Manager: Pam Metz ([PMETZ@mailbox.sc.edu](mailto:PMETZ@mailbox.sc.edu))
  - Associate Chair and Graduate Director: Ken Watkins ([WatkinsK@mailbox.sc.edu](mailto:WatkinsK@mailbox.sc.edu))
  - Business and HR Manager: Maria Sophocleous ([sophie@sc.edu](mailto:sophie@sc.edu))
  - Department Chair: Daniela Friedman ([dfriedma@mailbox.sc.edu](mailto:dfriedma@mailbox.sc.edu))
  - For contact information of other HPEB faculty and staff, visit the [HPEB directory](#).
- How to sign up for HPEB email listservs
  - Send an e-mail to: [listserv@listserv.sc.edu](mailto:listserv@listserv.sc.edu)
    - No subject
    - In text area type the following: Subscribe {Listserv name} {Subscribers name}
      - (For example: **SUBSCRIBE HPEBLIST John Doe**)
    - Send the message without a signature
  - **HPEBLIST** disseminates emails that apply to all graduate students
  - **Doctoral students** should also sign up for the doctoral listserv. Follow the instructions above, replacing **HPEBLIST** with **HPEBDOCS**.
  - For issues with the listservs, please consult the [Arnold School listserv page](#)
- [HPEB Graduate Students Facebook Page](#)
- [Arnold School of Public Health Student Resource Page](#)
- [The Graduate School Student Resource Page](#) (Paying for Graduate School page)

#### Fellowships and Awards

- [Graduate school fellowships and awards page](#)
- [Arnold School Awards](#)
- [HPEB fellowships and awards](#)

## Travel Information

### Travel funding

- [ASPH travel grants](#)
- [Graduate school travel grants](#)

Look out for other funding opportunities throughout the year!

### Departmental travel policies and instructions

- General instructions for university travel where reimbursement is needed:
  - A travel authorization (TA) form must be submitted at least two weeks before travel.
  - A travel reimbursement (TRV) form must be submitted within 30 days after travel completion.
  - Your faculty mentor's or grant PI's respective Finance Team member can provide you with TA and TRV forms. You should also submit these forms to this person.
  - The HPEB Policies and Procedures Document includes information on travel policies, including instructions on travel authorization and reimbursement processes. You can find this document on the [HPEB degrees page](#) under Graduate Student Forms.
  - These processes and policies apply mostly to travel for conferences.
- Instructions for ASPH travel scholarships
  - All application materials go to Dr. Ken Watkins, who will submit the materials to Christy Smith in the Office of Graduate Student Services.
  - Once funding is secured, the travel authorization and reimbursement procedures are the same as for other travel funding (see above).

## Technology Support

### ASPH Information Technology and computer lab

- [ASPH IT Core](#) provides IT Support for the School, its departments, initiatives and research activities.
- The ASPH computer lab is located in Discovery Room 431 and can be used by all ASPH graduate students. It has multiple software packages installed and provides access to free printing (up to a semester limit) for all ASPH graduate student. For up-to-date information about the lab's hours and operations, you can check the [ASPH IT page](#).

### Other UofSC technology support

- [UofSC Technology Support](#)
- [Carolina Tech Zone](#) (on-campus support)

## **NON-ACADEMIC RESOURCES**

### **Housing Resources for New HPEB Graduate Students**

#### **Tips when looking for housing**

- Begin looking for housing as soon as you know you will attend UofSC.
- Consider the different transportation options available to you when searching for housing. The Off Campus Living & Neighborhood Relations website has more information on [transportation options](#) and other [common off-campus questions](#).

#### **Campus housing resources**

- [UofSC off-campus living page](#): includes an FAQ section, a message board to connect students with potential roommates and information on housing locations.
- [UofSC off-campus living legal services](#): University of South Carolina students can request legal support and services in matters that relate to landlords, tenants, housing and domestic relations. You must be currently enrolled as a student to use this service.
- [UofSC off-campus message board](#): Connect with potential roommates or available residences and sublets. You'll need your network ID to log in.

#### **Facebook groups**: Landlords, people looking to sublease and tenants all post in these groups

- [University of South Carolina Off-Campus Housing & Subleases](#)
- [University of South Carolina \(USC\) Housing, Sublets & Roommates](#)

## **Health Resources**

#### **UofSC**

- [University health insurance policy benefits](#)
- [COVID-19 information and resources](#)
- [University Health Services](#)
- [Mental health/counseling](#)
- [Carolina Alert](#)

#### **Community**

- [S.C. Department of Health and Environmental Control \(SCDHEC\)](#)

## Resources for International Students

### Campus resources

- [Office of International Students Services](#)- This page also includes community resources.

## Food Assistance

### Campus resources

- [Gamecock pantry](#)
- [Nutrition Services & Counseling](#)

### Community resources

- [Mutual Aid Midlands](#)
- [Harvest Hope Food Bank](#)

## Recreation and Leisure In and Around Columbia

### Things to do in Columbia

- [Soda City Market](#): Fresh fruit and vegetables, local artisans, food trucks, live music, and puppies.
- Jogging and walking paths line the downtown and riverfront greenway, with parks scattered throughout the rest of the city.
  - [Three Rivers Greenway](#)
  - [Congaree National Park](#) (~30-minute drive)
- Food and drink
  - [The Vista](#)
  - [Five Points](#)
  - [Main Street](#)
- [Columbia Museum of Art](#)
- [The Nickelodeon Theatre](#) (Film)
- [South Carolina State Museum](#)
- [Riverbanks Zoo and Garden](#)
- [Colonial Life Arena](#) (Music and entertainment)
- [Columbia Fireflies](#) (Minor league baseball)
- More ideas are on these websites:
  - <https://www.experiencecolumbiasc.com/>
  - <https://discoversouthcarolina.com/>

### Nearby destinations

- Charlotte, NC (1.5 hour drive)
- Charleston, SC (2 hour drive)

- Asheville, NC (2.5 hour drive)
- Myrtle Beach, SC (2.5 hour drive)
- Blueridge Mountains (3 hour drive)
- Atlanta, GA (3 hour drive)