

# **Directory**

## General Campus Resources Campus Operator/General Information

Campus Operator/General Information	
Admissions	541-737-441
Athletic Tickets	541-737-445
Beaver Bus (Transportation Services)	541-737-2583
Beaver Store	541-737-4323
Campus Tours	541-737-2626
Career Development Center	541-737-408
Center for Advocacy, Prevention & Education (CAPE)	541-737-2030
College Assistance Migrant Program (CAMP)	541-737-2389
Counseling & Psychological Services	541-737-2131
Disability Access Services (DAS)	
Dixon Recreation Center	541-737-3748
Educational Opportunities Program (EOP)	
Family Resource Center (child care and resources)	
Family Weekend Information (Office of Student Orientation	)541-737-7627
Housing and Dining (UHDS)	
ID Center	541-737-2493
Lost and Found	541-737-7240
Military and Veteran Resource Center	
Office of Advocacy	541-737-9200
Office of Student Orientation	
Ombuds Office	
Orange Media Network	
Parking Permits (Transportation Services)	
Public Safety (Emergency)	
Public Safety (Non-Emergency)	541-737-3010
Registrar (Records, Registration, & Transcripts)	541-737-433
Residency Requirements (Admissions)	
SafeRide	
Student Care Team	
Student Health Services	
Student Legal Services	541-737-416

#### **Academic Resources**

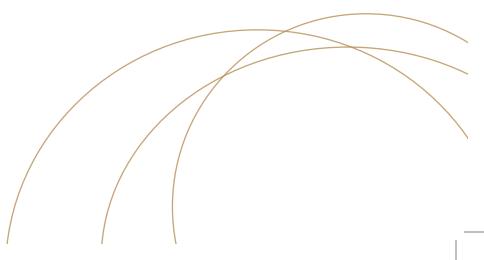
Academic Success Center	541-737-4323 541-737-2272 541-737-2272 541-737-8144
Valley Library Supplemental Instruction Tables Writing Center	541-737-2272
Cultural Resource Centers Asian & Pacific Cultural Center	
Centro Cultural César Chávez Ettihad Cultural Center	
Hattie Redmond Women & Gender Center	
Kaku-Ixt Mana Ina Haws	
Lonnie B. Harris Black Cultural Center	
Pride Center	
Diversity and Cultural Engagement	541-737-9030
Dean of Students	541-737-8748
Finances	
Financial Aid	
Loans and Grants (Financial Aid)	
Scholarships	541-737-1125
International Student Assistance	
INTO Reception	
Office of International Services (OIS)	541-737-6310
Student Engagement Associated Students of Oregon State University (Student Gov	ernment)
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Center for Fraternity & Soroity Life	
Clubs and Organizations	541-737-9857
Spiritual and Philosophical Organizations	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

### **Academic Preparation**

After your student has attended START orientation, they may wonder about their academic readiness. As you continue along this transition with them, ask them about how they think their study habits will change at Oregon State. Many students who attended a community college or attend OSU straight from high school find that they need to relearn or change study habits to succeed at Oregon State. Look over the worksheets together on this page and make plans to check in again during fall term: <a href="success.oregonstate.edu/learning/all-worksheets">success.oregonstate.edu/learning/all-worksheets</a>.

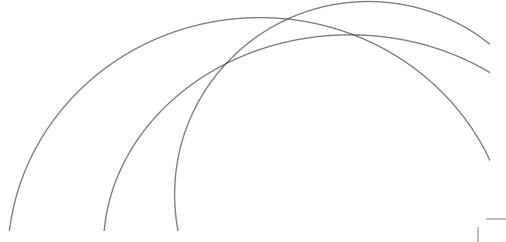




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	OSUWelco	23 ome events
24	Week o	26	Classes Begin DSUWelcome ever	28 nts	29	30

#### **Conversations About Alcohol**

It can be a hard conversation to start, but your student needs to hear from you and talk to you about their choices around alcohol before coming to campus. Many OSU partners take a risk-reduction approach to helping students make the choices that are best for them and we encourage you to engage with your student before fall term. Do they plan to drink alcohol next year? What limits or precautions might they take? You can find more helpful information at <a href="studenthealth.oregonstate.edu/parent-alcohol-handbook">studenthealth.oregonstate.edu/parent-alcohol-handbook</a>.

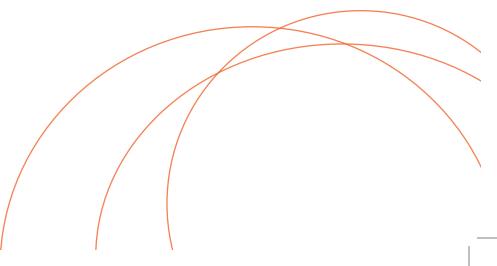




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Week 1					
	vvcci i	OSUWe	clcome events con	tinued		
8	9	10	11	12	13	14
	Week 2				Fall Family	/ Weekend
15	16	17	18	19	20	21
	Week 3					
22	23	24	25	26	27	28
	Week 4					
29	30	31	1	2	3	4
	Week 5					

## **Fall Family Weekend**

We hope you'll be able to visit us for Fall Family Weekend, but if you can't be here in person, we encourage you to consider sending a care package or finding time to connect with your student. Ask them who their favorite professor is and why they like that person. Ask them to share a funny story that happened with their roommate. Ask them what they did the first time they got homesick. This will remind your student that you're there for them and care about their life here at Oregon State. Find more tips at families.oregonstate.edu.

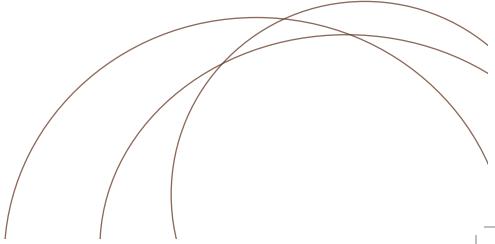




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	Week 5					
5	6 Week 6	7	8	9	Veterans Day	11
12	13 Week 7	14	15	16	17	18
19	20 Week 8	21	22	23 Thanksgiv	24 ing Holiday	25
26	Week 9	28	29	30	1	2

## **Budgeting for Expenses**

As the first bill comes due in November, now is a good time to check in with your student about how their budgeting is going, how paying for fall term will work and agree on any adjustments you need to make to your original plan. Financial Aid can meet with students to amend their FAFSA if circumstances have changed. Additionally, if your student could use some support in creating a budget or adjusting your plans, the College of Business CAFÉ program has some great tools: <a href="mailto:business.oregonstate.edu/student-experience/student-centers/center-advancing-financial-education">business.oregonstate.edu/student-experience/student-centers/center-advancing-financial-education</a>.

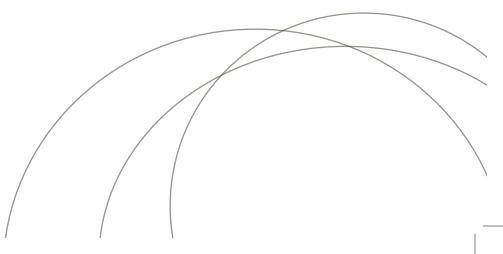


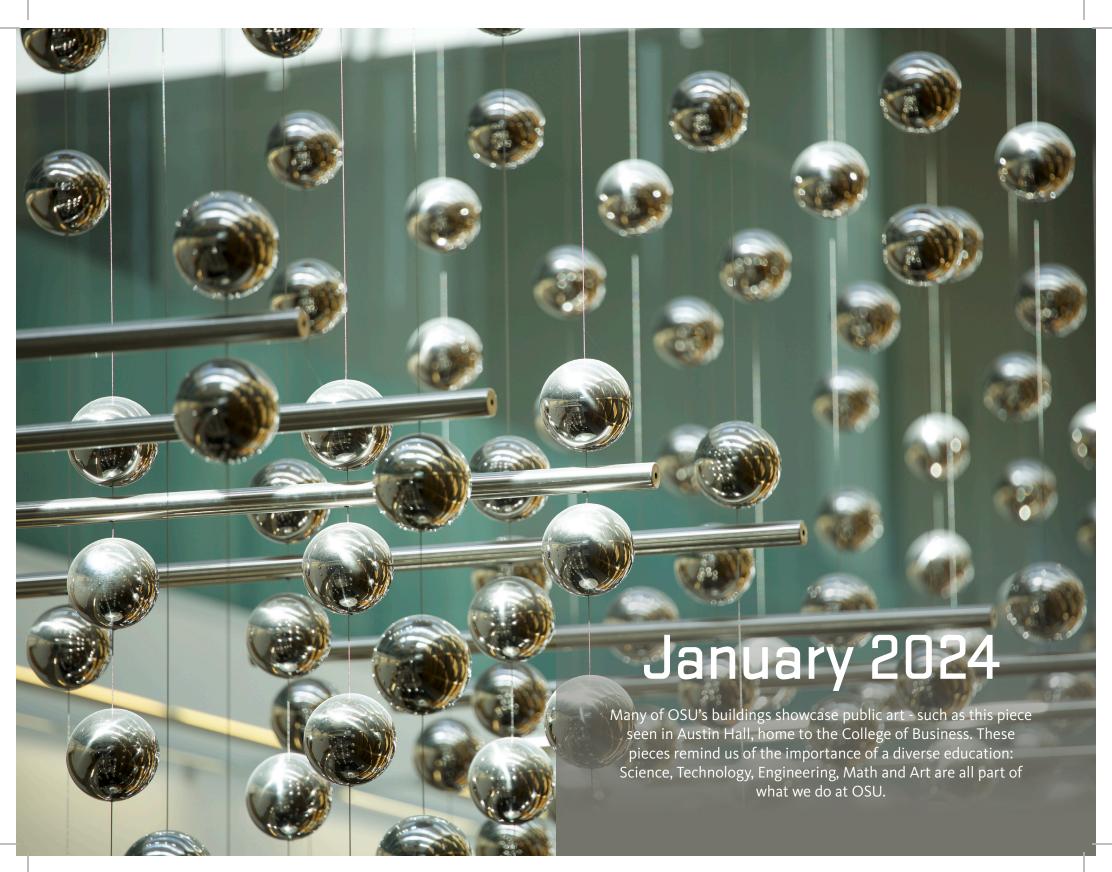


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
	Week 9					
3	4	5	6	7	8	9
	Week 10					
10	11	12	13	14	15	16
			Finals Week			
17	18	19	20	21	22	23
			Winter Break			
24	25	26	27	28	29	30
31						

#### Stress & Finals

The first set of finals at Oregon State can be stressful, with insecurities sometimes surfacing under the pressure. As you connect with your student this month, share encouraging words about how great they're doing and how proud of them you are. Ask them how they're managing the stress of finals, encouraging them to rely on what has worked for them in the past or trying a new technique. View <u>experience</u>. <u>oregonstate.edu/well-being/manage-stress</u> for approaches, including the most important — SLEEP!

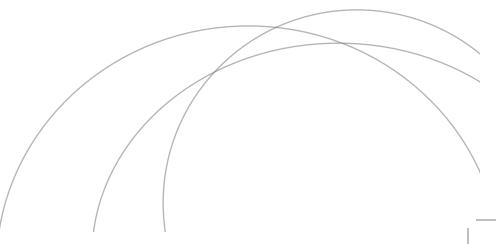




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
		Wi	nter Break Contin	ued		
7	Week 1 Classes Begin	9	10	11	12	13
14	Week 2  MLK Day	16	17	18	19	20
21	<b>22</b> Week <sub>3</sub>	23	24	25	26	27
28	29 Week 4	30	31	1	2	3

#### Jobs & Leadership

As the new term begins, many high profile student leadership jobs are opening for applications. Resident assistants, START leaders, and many tutoring or student instruction positions open as well around this time. Encourage your student to consider applying to one of these (or any position) that helps them develop their leadership skills. Oregon State hires thousands of students to support every facet of our work, so encourage your student to find their place to grow. Find student job postings at jobs.oregonstate.edu.

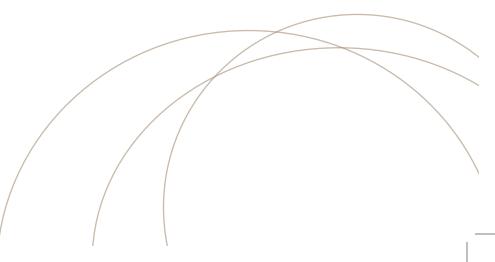


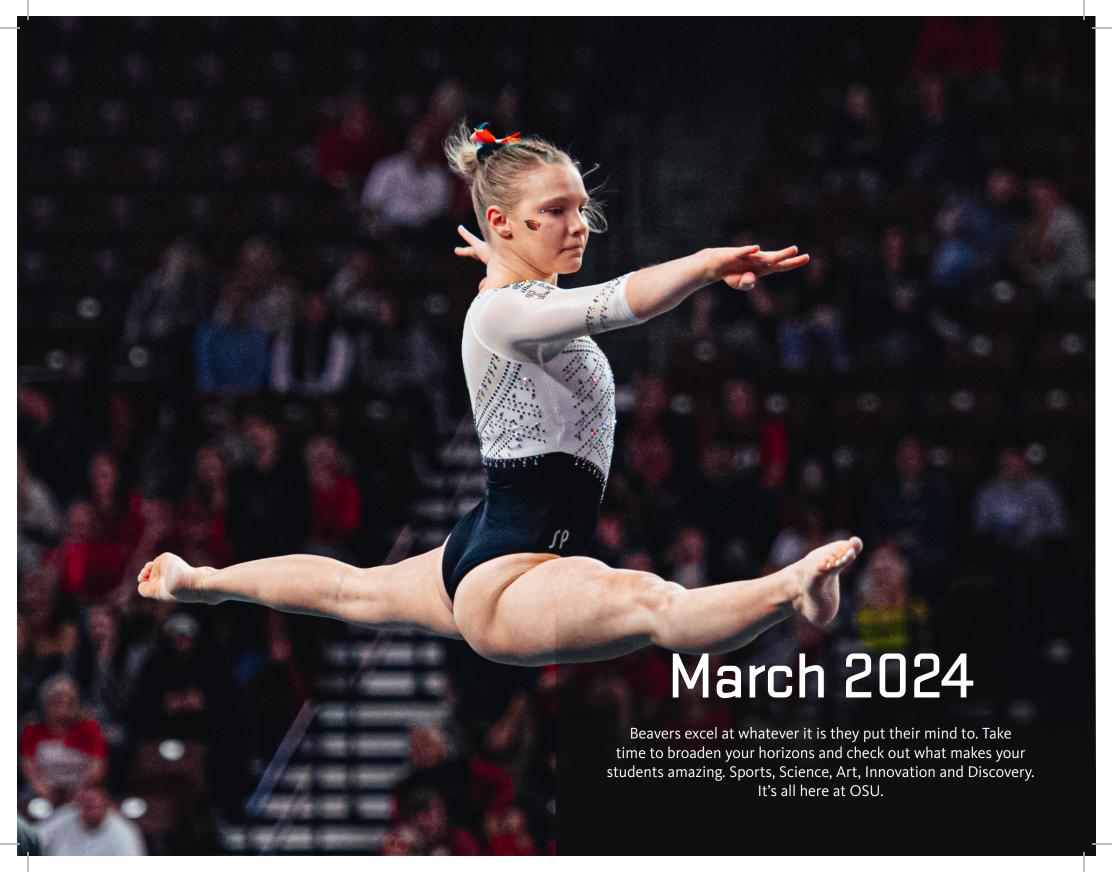


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Week 4	30	31	1	2	3
4		6	7	8		10
4	Week 5	0	/	0	9	
11	<b>12</b> Week 6	13	14	15	16	17
18	19 Week 7	20	21	22	23	24
25	26 Week 8	27	28	29	1	2

## Self-Care is Key!

It is a well-known fact in Corvallis that February can sometimes be challenging to navigate. All of the accumulated rest and fun from winter break has faded and spring break is still far away. The weather in Corvallis in February leans toward gray and rainy, which can make things harder. Check in with your student this month to see how they are taking care of themselves and their friends. If they need some extra support this month, connect them to OSU's Counseling & Psychological Services: <a href="mailto:counseling.oregonstate.edu/main/our-services-resources">counseling.oregonstate.edu/main/our-services-resources</a>.

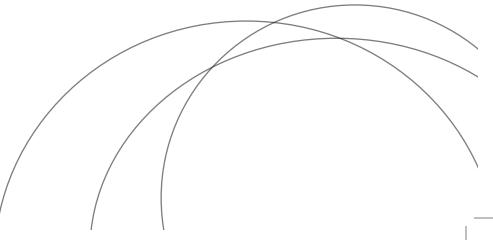




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
	Week 8					
3	4	5	6	7	8	9
	Week 9					
10	11	12	13	14	15	16
	Week 10					
17	18	19	20	21	22	23
			Finals Week			
24	25	26	27	28	29	30
31			Spring Break			
			1 0			

## **Getting Involved**

There are over 400 clubs and organizations at Oregon State, so every student is bound to find something that interests them. Whether it's a professional club associated with their major, a fraternity or sorority, student government, student media or intramural sports, there's something for everyone. Ask your student what they are excited to get involved in and where they are meeting their friends. Be sure to support them exploring their interests while here at Oregon State. View some ways to get involved at <u>clubs.oregonstate.edu</u>.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Week 1 Classes Begin	2	3	4	5	6
7	8 Week 2	9	10	11	12	13
14	15 Week 3	16	17	18	19	20
21	22 Week 4	23	24	25	26	27
28	<b>29</b> Week 5	30	1	2	3	4

#### **Summer Plans**

When spring term begins, some students say it's like we hit the fast forward button. Spring term seems to fly by, with students finding their groove in studying, activities and jobs. This is a good time to start solidifying summer plans, so ask your student if they will stay in Corvallis or move home this summer. Do they plan to work or take classes? With so many formats and options, summer classes are a great way to refresh or get a jump start on next year. Learn about summer classes at <u>summer.oregonstate.edu</u>.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Week 5	30	1	2	3 Spring Fam	4 ily Weekend
5	6 Week 6	7	8	9	10	11
12	13 Week 7	14	15	16	17	18
19	20 Week 8	21	22	23	24	25
26	Week 9  Memorial Day	28	29	30	31	1

## **Corvallis Community**

It can be easy to spend a lot of time on campus and not go out into the community. May is a great month to ask your student if they have spent some time exploring their new town. Perhaps they have gone to the Saturday market to hear some music and pick up some veggies. Maybe they spend time hiking and exploring the many trails near campus. The Corvallis- Benton County Public library is also nearby and is a great place to study. If they need some inspiration, share this page with them: <a href="https://www.visitcorvallis.com">www.visitcorvallis.com</a>.

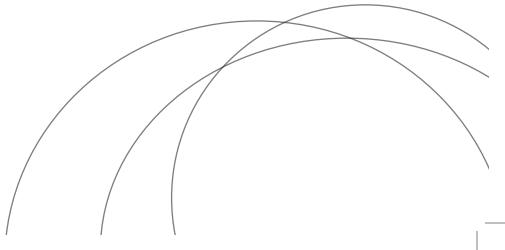


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
	Week 9					
2	3	4	5	6	7	8
	Week 10					
9	10	11	12	13	14	15
			Finals Week			Commencement
16	17	18	19	20	21	22
			Juneteenth			
23	24	25	26	27	28	29
30						

#### Celebrate & Reflect

Your student is finishing their last finals of their first year at Oregon State this month. What a year it has been! Take time with them to reflect on how they've grown, what they've achieved and how proud of them you are. Ask them how you can support them next year or what they need to adjust to make improvements next year.

You have probably grown as well over this year, supporting your student. Pat yourself on the back for a job well done!





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

## Your Student's College

As your student settles into their major, you'll get to hear more about their engagement within their specific college. Each college within the university offers a variety of ways to help your student succeed and support their growth. Ask your student if they've been to the success center for their college or engaged in a club or research within their college recently.

