Overview

Welcome to OSU! You've completed START Orientation and it's time to begin your first term. For Winter 2022 you are one of over 500 students starting at OSU. In addition, there are many students joining the Corvallis campus community after a term off, or following a term of remote coursework. You're in good company as we all adjust to the start of a new term and a new year.

Your orientation adventure continues over the next few weeks as you get settled into your courses, meet people, explore resources, and think about what you want your OSU experience to be like.

No two students at OSU have the same interests and goals so we strive to create an onboarding experience that allows you the ability to personalize to your needs, while getting support and guidance from people and offices around you that are ready to be part of your journey! Use the pages that follow as a guidebook for engagement. Yes, this means you will need to be proactive in reaching out and making connections, but we are here to help answer questions and point you in the right direction!

Melissa Morgan
Director
Office of Student Orientation

To request this document in an alternative format: call 541-737-7627 or email newstudents@oregonstate.edu.
Get Connected!

Start getting involved now, creating community, building a network of support, and engaging in different types of experiences while at OSU.

There are many different ways to meet people and engage in activities at OSU. Find options that speak to how you want to spend your time; whether academic or social pursuits, big events or small communities, there is something for everyone and no one right way to do it.

In winter, many people are still looking for opportunities to get involved, meet new people, and pursue interests. In fact, the work to get involved and engaged continues throughout the time you’re at OSU. This past fall 2021, we surveyed students; 40% of those who responded were still looking to meet people, find ways to get involved, and be more connected to OSU.

It can take some time and patience to make connections during a transition like this, but keep at it! When it comes to introducing yourself to classmates or new people, remember that most folks feel at least a bit of awkwardness. Be brave and introduce yourself!

Academic Engagement.

Much of your experience at OSU is based in your coursework. Get to know your instructors by visiting office hours during the first few weeks of the term. And, try to introduce yourself to one or two classmates in each course.

If you’re looking for academic support, tutoring, study groups, or have questions about visiting office hours, connect with a Strategist at the Academic Success Center (ASC):

- Live Chat, Email, Text, Phone
- Stop-by in person at 125 Waldo Hall. They have free planning tools!

College-based Opportunities.

Interested in meeting people in your major or with similar academic or career interests? Most colleges have a list of student organizations on their college websites, and you can always ask your advisor or Student Success office for recommendations. Talking to faculty and advisors, and attending college events (visit their website) can be a great starting point. Ask the folks you meet about ways to get involved!

NOTES:

1. My instructors are:

2. One classmate in each course is:

3. Three places to study are:
Learn About Events Happening at OSU.

The events calendar at OSU shares daily events, allows you to search for events, and to filter by campus and event type. Bookmark the URL and visit it regularly as you plan your week. You might also choose to bookmark websites for departments that interest you, or to follow their social media for updates on what’s happening. Living in a residence hall? Visit their Facebook page!

Join Clubs & Organizations.

There are over 400 student clubs and organizations at OSU. There’s something for everyone, and an opportunity to start a new club if you aren’t finding what you want. To get started, you can browse the list of clubs through this website. Select “Find Clubs” and you can use the “categories” to filter. Use the “Join now” or “Request Info” buttons to get in touch with student leaders.

Other Ways to Get Involved.

- **The Craft Center**: Engage your imagination and use creativity to de-stress. Attend workshops, open studios, or check out craft kits. Follow IG: osu.craft.center
- **Center for Fraternity & Sorority Life** (CFSL): Join a Greek organization. Follow at: IG: osugreeks
- **Community Engagement & Leadership** (CEL): Volunteer, engage in community projects and find leadership opportunities. IG @ communityengagementosu
- **Intramural Sports**: Join a sports team or be a free agent for a range of sports. Download IMLeagues to signup or create/join teams
- **Cultural Resource Centers** (CRCs): Check out resources, events, organizations, and more. Visit [https://dce.oregonstate.edu/social](https://dce.oregonstate.edu/social)
- **Orange Media Network** (OMN): Learn to tell your story and gain skills. Follow at: OMN_oregonstate
- **Research Opportunities**: Learn the process for joining a faculty research project through the URSA program. Follow at: URSAOSU Other programs are listed [here](#).
- **Career-based Opportunities**: Each college has an assistant director of career education. Make an appointment through [Handshake](https://app.srm.com/#/accounts) to learn more.

Want help getting started? Student Engagement & Experience offers an [interactive orientation](#)! You can fill out an interest form, schedule a tour, or follow the social media accounts for programs you’re interested in.

Communication from OSU.

The primary mode of communication at OSU is through email.

- You’ll receive official communications from a number of administrators (the President, Provost, Dean of Students, Vice Provost of Student Affairs, Vice Provost of Academic Affairs, and more) and it’s important that you read them. If you want to review the emails you can access them through a log of emails online.
- Emails from Sarah Norek at the Academic Success Center have a lot of information about academics, advising, events and opportunities.
- Some colleges or advisors send newsletters filled with information as well.

You may find it useful to create some strategies for managing email through filters and folders.
Get Connected! BINGO GAME

Each time you accomplish an activity listed in a square, mark it off as complete. Once you've completed five squares in a straight line (column, row or diagonal), you've achieved a BINGO! You can enjoy the satisfaction quietly, or exclaim "BINGO!" loudly for all to hear — your choice!

<table>
<thead>
<tr>
<th>Start of Term Checklist</th>
<th>Review Financial Aid</th>
<th>Follow HSRC on Twitter</th>
<th>Check out a health resource</th>
<th>View OSU Events calendar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Find a club to join</td>
<td>Learn about Greek life</td>
<td>Sign up for MLK Service Day</td>
<td>Explore outside</td>
<td>Visit a new building</td>
</tr>
<tr>
<td>Tour the Craft Center</td>
<td>Follow an OSU Social Acct</td>
<td>FREE</td>
<td>Fill OMN Inquiry form</td>
<td>Explore the URSA website</td>
</tr>
<tr>
<td>Visit a Cultural Center</td>
<td>Tour the Library</td>
<td>Explore CAFE resources</td>
<td>Live Chat with an OSU resource</td>
<td>Check out the CEL calendar</td>
</tr>
<tr>
<td>Visit the DCE calendar</td>
<td>Visit Rec Sports</td>
<td>Make a self-care plan</td>
<td>Find the Moon Tree</td>
<td>Check out Career Events</td>
</tr>
</tbody>
</table>
HEALTH & WELLBEING
Find Your Path.
Oregon State University has a lot of resources and tools to support you in your mental and physical well-being, and we hope you'll explore some of these opportunities.

There are many ways to attend to health and each student will take a different approach. Learn more about events and resources through the Well-Being page of the OSU Experience website.

Think ahead about what will help you develop a routine, and also about some of the practices and resources to engage with when you're feeling overwhelmed or stressed.

Check out Togetherall as an online community available 24/7 for connection.

MY TOP 3:
Activities & Connections to Promote Health
1. _____________________________
2. _____________________________
3. _____________________________

COVID-SPECIFIC
Additional resources unique to COVID-19:
Learn about general protocols for COVID-19 and keep up to date with new information through the COVID-19 website:
• Current guidelines for campus
• What to do if you're experiencing symptoms
• Testing available through OSU and local resources
• Support resources and reporting guidelines for positive test results
• A dashboard of cases for OSU

FOLLOW ALONG!
Websites & Social Media to Stay Connected
• Student Health Services
  • Insta: @osustudenthealth
• Counseling & Psychological Services (CAPS)
  • Services
  • Insta: @oregonstate_caps
• Recreational Sports
  • Facebook: osurecsports
  • Group Fitness classes
  • Sports Clubs
  • Adventure Leadership
• Human Services Resources Center (HSRC)
  • Facebook: hsrcosu
  • Twitter: HSRCOSU; eatfreeOSU
What's next?

Small Group Conversations.
Register for small group sessions with other students starting this term. Get a chance to meet some other students, chat about your experience so far, meet faculty and student facilitators, asks questions and hear other students ask questions they have.

Register at: https://beav.es/wZJ

Individual Follow-Up.
During weeks three or four, you'll hear from your START leader for a follow-up conversation. Your START leader wants to hear how your first few weeks of OSU have been, and offer their support during your transition. You'll get personalized recommendations and can ask about any experiences, resources, or information that's been missing from your OSU experience.

Think ahead about what questions you still have or unmet needs you want to discuss. No questions is too small — these START leaders are here to help!

If you haven't heard from a START leader yet and have questions or concerns, contact the Office of Student Orientation!

102 Waldo Hall
541.737.7267
Email: newstudents@oregonstate.edu
Instagram: @OSUnewstudents

Moving Forward.
✓ Visit Office Hours during the first half of the term
✓ Make an appointment with your academic advisor
✓ Follow up on any connections you started this week
✓ Reach out to resources early and often!