**OSU Student Resources**

**Center for Civic Engagement**

Better yourself, better the world through community engagement. In partnership with community-based organizations, the Center for Civic Engagement (CCE) facilitates meaningful service, community engagement, and educational programs.

Campus Clubs and Organizations

**Late Night Programs**

Dixon After Dark- Friday

Saturday Night- Saturday

Movie Nights- Thursday

**Dixon Rec Center**

* Personal Trainers
* Intramurals
* Wellness Coaches
  + Wellness coaches work with clients in the areas of health, fitness and wellness including physical activity, nutrition, weight management, stress, and life satisfaction. A wellness coach facilitates a process, by which a person can move towards desired goals in a fulfilling manner.

**Tutoring**

**Student Groups**

* DamChic

**ASOSU Student Legal Services**

ASOSU Student Legal Services provides free, confidential assistance to all OSU students at the Corvallis campus on a variety of legal matters. This office provides legal advice and representation to OSU students when they have a dispute that does not pertain to the university.

**Student Care**

When life happens, ask us. Student Care is a service offered to assist students with non-academic issues, from unexpected life events to academic difficulties and beyond.

**Disability Access Services**

**CAPS**

**Office of Equity & Inclusion (OEI)**

**Student Care is designed to help students:**

* Learn and understand Oregon State University policies and procedures
* Problem-solve within the university and community
* Access referrals for personal matters/emergencies

**Student Health Services**

* The Health Promotion department in SHS provides wellness resources and prevention workshops exploring sexual health, nutrition, physical activity, stress and body image.

**OSU**

**Mission**

As a land grant institution committed to teaching, research and outreach and engagement, Oregon State University promotes economic, social, cultural and environmental progress for the people of Oregon, the nation and the world.

This mission is achieved by producing graduates competitive in the global economy, supporting a continuous search for new knowledge and solutions and maintaining a rigorous focus on academic excellence, particularly in the three Signature Areas: Advancing the Science of Sustainable Earth Ecosystems, Improving Human Health and Wellness, and Promoting Economic Growth and Social Progress.

**Vision**

To best serve the people of Oregon, Oregon State University will be among the Top 10 land grant institutions in America.

**Goals**

* Provide outstanding academic programs that further strengthen performance and pre-eminence in the three Signature Areas of Distinction: Advancing the Science of Sustainable Earth Ecosystems, Improving Human Health and Wellness, and Promoting Economic Growth and Social Progress;
* Provide an excellent teaching and learning environment and achieve student access, persistence and success through graduation and beyond that matches the best land grant universities in the country; and
* Substantially increase revenues from private fundraising, partnerships, research grants and technology transfers while strengthening our ability to more effectively invest and allocate resources to achieve success.

**UHDS**

**Our vision**

University Housing and Dining Services will provide a transformative on-campus experience that will ENGAGE our students in community, ENRICH their lives, and help them flourish and THRIVE.

**We value...**

* Trust and Respect
  + We honor every role, and every person
* Community
  + We embrace the diverse collection of thoughts, perspectives, beliefs, ideals, and lived experiences.
* Shared Leadership
  + “We" and "Our" replace "I" and "My." We value teamwork and collectivism, and honor the contributions our students make in our organization.

**Authentic Relationships**

* We recognize the interdependent nature of our work, and pursue lasting relationships that create possibility.

**Creativity and Innovation**

* We pursue new knowledge and contribute to the advancement of our programs that serve to promote student success.

**Stewardship**

* We hold ourselves accountable to action and to operate responsibly with our resources today, to ensure our best possible future.

**Letter of Welcome (Director)**

Dear students and families,

We are so pleased to welcome you to Oregon State University! The team at University Housing & Dining Services (UHDS) is committed to ENGAGING our students in community, ENRICHING their lives, and helping them flourish and THRIVE. Every day, each of us in UHDS helps create a living and learning environment designed to foster student success.

We believe that by creating this unique living and learning environment, our students will feel that they truly belong here at OSU and in their residential community. When students feel they belong, that they have connections to their fellow students, to their faculty and staff, and to the deep sense of place here at OSU, they will find greater success and fulfillment in both their personal and academic pursuits. In fact, studies show that first-year students who live on campus typically have higher average GPAs than those who do not. They are also more likely to return for their second year of college.

OSU and UHDS welcome students and guests from a wide variety of locations, backgrounds, personal circumstance, and histories. We believe that those differences make us a stronger institution, enhance our life experiences, and help us create a community where all students can truly belong. So, live here, thrive here, and together let’s make OSU, Beaver Nation, the place where YOU belong.

**Living Learning Communities**

**Engineering**

* In Hawley and Buxton, helps students integrate into the OSU Engineering community and provides opportunity to interact with faculty and advisers
* Benefits
  + Find others in similar classes
  + Access to academic resources like tutoring
  + Women in Science and Engineering on 5th floor

**Global Village**

* A community for International and American students who are passionate about cultural exchange and global experiences. The Global Village offers students of all majors the opportunity for international-domestic and international-international roommate pairs, globally-themed hall programs and much more.

**Adventure Living Learning Community**

* Establish Friendships and explore landscapes of Oregon

**Health and Well-Being**

* The Health & Well-Being Living-Learning Community is a space for students to connect with other students who are excited about health and science, especially the intersection of these fields and the perspective of improving our communities across Oregon and beyond.
* This program is in partnership with both the College of Science and the College of Public Health and Human Sciences. It is highly recommended for students pursuing science and health degrees. It is located in McNary Hall.

**Innovation Nation - College of Business LLC**

* Weatherford Hall and Poling Hall are the homes for Innovation Nation, the College of Business Living Learning Community. Weatherford and Poling provide faculty and program offices, classroom space and student rooms. Weatherford additionally provides two self-contained suites for visiting entrepreneurs, investors and professors, a cyber cafe, and an entrepreneurship library. All incoming new freshmen that are Pre-Business majors are required to live in Weatherford or Poling Hall their first year, although those with an interest in International Business may also apply to live in the Global Village LLC.

**Mindfulness**

* The Mindfulness Living Learning Community, is located in McNary Hall, is a space for students interested in self-exploration, finding balance and meaning, strengthening the mind, and building resilience. Students will develop a personal practice of mindfulness and grow in relationships with others through experiences that cultivate compassion, empathy, and empowerment.
* In addition, monthly programs such as yoga, meditation, films, service learning, and outdoor mindfulness activities will be offered. The Mindful Living Learning Community is for students from all spiritual backgrounds. It is not a religious community, rather, it is based on nonsectarian practices and welcomes atheists, agnostics, and students from any faith tradition.

**Honors College Program**

* Community is about more than buildings. It's about the people and the environment around you. Honors College (HC) residents are surrounded by like-minded students who appreciate a healthy balance of peace and quiet mixed with inspiring academic activities and stimulating social experiences. HC members have the opportunity to interact with Honors College faculty through academic and intellectually-focused programming and during in-hall office hours.

**Explore**

* Partners with Exploratory Studies Program and is a residential space focused on major and career exploration
* Able to explore interests values and goals
* Opportunity to connect with faculty, staff and other students to explore options

**Special Interest Communities**

* Recovery Living Community
* Single Gender Wings
* Study Intensive Wings
* ROTC
* Substance Free
* Pride
* Second year and above

**Residential Hall Resources**

**Diversity**

**Equity, Inclusion and Diversity at Oregon State University**

In the summer of 2011, President Ray called for a comprehensive self-study that would engage the university community in examining equity, inclusion, and diversity efforts university-wide. The charge included articulating a vision of the preferred future of Oregon State as an equitable and inclusive university community, and the following statement of vision and principles was produced as a result:

**I. Our Vision**

Oregon State University aspires to be a collaborative, inclusive and caring community that strives for equity and equal opportunity in everything we do; that creates a welcoming environment and enables success for people from all walks of life; and that shares common, fundamental values grounded in justice, civility and respect while looking to our diversity as a source of enrichment and strength.

**II. Our Principles**

An inclusive university community is achieved and sustained by seeking a diversity of people and perspectives, valuing our differences and ensuring equitable opportunities. We are guided by the interdependent principles of Inclusion, Equity, and Diversity.

Inclusion:

* working together to create a welcoming environment through interpersonal interactions that respect and affirm the inherent dignity, value, and uniqueness of all individuals and communities. Inclusion is an active process of creating a community in which people have full access to relationships and resources that enable their personal and intellectual growth and success. Inclusive practices reflect awareness and understanding of the complexity of identity and the increasing interconnectedness of our world.

Equity:

* ensuring equality of opportunity in all that we do. Equity requires fairness of standards, norms, and practices for all community members. An equitable learning and working community provides equal access to all rights, privileges, and resources.

Diversity:

* seeking and realizing the richness of human difference. Diversity is a dynamic phenomenon, life enriching and foundational to excellence. We strive to create and nurture an environment where a diversity of people, ideas, and perspectives flourish and inspire creativity and achievement.

We are steadfast in our pursuit of equity, inclusion, and diversity. These commitments are central to our OSU mission—to foster academic excellence, to build healthy communities, and to improve the quality of life at our university and throughout the world.

Realizing this vision for equity, inclusion, and diversity entails the work of many committed individuals, groups, and offices, some of which are listed here:

* Campus Coalition Builders
* Difference, Power & Discrimination
* Disability Access Services
* Community Relations Facilititators
* Educational Opportunities Program
* Ethnic Studies Department
* Intergroup Dialogue
* International Programs
* Office of Equity and Inclusion
* President's Commission on the Status of Women
* Spiritual and Philosophical organizations
* Women, Gender and Sexuality Studies

**Cultural Resource Centers**

Cultural Centers

* Asian & Pacific Cultural Center
* Centro Cultural César Chávez
* Ettihad Cultural Center
* Lonnie B. Harris Black Cultural Center
* Native American Longhouse Eena Haws
* Pride Center
* Women’s Center

Diversity & Cultural Engagement

* American Indian Initiatives
* Cross-Cultural Mentoring Program
* LGBT Outreach & Services Office
* Women's Center

**Academic Help**

**Academic Success Center**

**CAPS**

**Innovation Nation**

We know a good thing when we see it, hear it and test it. So, when the scale measuring student success tilted in favor of a first-year experience, with our students in living-learning communities, we acted. And we made it happen – with 520 students, 400 Beaver Nation volunteers, 225 Fridays in Austin workshops, 67 business startups, 3 residence halls and one huge goal – we’re drying ourselves off from the wild ride that has been the launch year of Innovation Nation, the first-year experience.

**Why a Living–Learning Community?**

* Why do we think Innovation Nation will help you earn success at the College of Business? Because research shows living–learning communities like ours will help you develop intellectually as well as socially. It will make you more persistent in your work and make you feel more connected to your classmates, college and university. You’ll feel supported, because you are. And you’ll become more involved in the kinds of extracurricular activities that help you take charge of your own learning and help drive you toward the education and career you want.

**Why a Living-Learning Community? Experts weigh in**

* Living–learning communities create great educational experiences; that’s why Innovation Nation is a core part of what it means to be a first-year pre-business student in the College of Business. But you don’t have to take our word for it, exclusively. Many researchers have studied the impact of living–learning communities and found participation in them has high positive correlations with student academic and intellectual performance, campus engagement, and overall satisfaction with the college experience.
* Research shows students participating in living–learning communities are more:
  + Academically successful in college, which translates to greater likelihood of success after graduation
  + Engaged in the campus community and in their academic college, leading to greater satisfaction and a more meaningful experience.
  + Ready for the workforce, setting them apart from their peers for internships and job opportunities through network connections with engaged alumni.
* If you’re seeking the details, check out these studies and their results:
  + Participating in living–learning communities is uniformly and positively linked with student academic performance, engagement in educationally fruitful activities (such as academic integration, active and collaborative learning, and interaction with faculty members), gains associated with college attendance, and overall satisfaction with the college experience (Zhao and Kuh, 2004).
  + Students who participate in living–learning communities are more engaged overall, have higher persistence rates, and showed greater gains in intellectual and social development compared with peers who did not participate in the communities (Shapiro and Levine, 1999).
  + Higher well-being of recent graduates is related to their experiences while in college. Graduates who felt “supported” during college (that professors cared, that professors made them excited about learning, and had a mentor) are nearly three times as likely to be thriving than those who didn’t feel supported (2014 Gallup-Purdue Index Report).

**First Year at OSU**

**Position Description**

**Resident Assistants**

**Community Relations Facilitators**

**Academic Learning Assistants**

**Conflict Resolution**

http://experience.oregonstate.edu/tags/conflict-resolution

**OSU**

**An Ombuds will:**

* Listen to all concerns and perspectives
* Facilitate communication or mediate between individuals or groups
* Value diversity
* Provide a safe and confidential\* place to share issues
* Assist in researching resources and options to aid in the resolution of conflict
* Remain impartial to all parties involved in a conflict
* Recommend ways to improve policies and procedures
* Assist employees and students in navigating their way through university systems

<http://ombuds.oregonstate.edu/>

**Conflict Resolution Collaborative Model**

The ABC(D) Model:

* Achieve rapport - Establish trust, explain your role in the interaction, make the other party feel comfortable, find an appropriate time and place to meet, begin on an even playing field.
* Boil down the issues - Listen carefully, ask questions, get the “whole” story, address fears which might keep others from moving towards a solution.
* Clarify their wants - Don’t make assumptions, ask clarifying questions, ask “what if” questions, find out what their interests and goals really are and what needs they want to have met.
* Develop a game-plan - Collaborate, brainstorm possible solutions, be creative, be clear about what you can do and what they need to do, discuss a general time line in which things will get done and approximately when you will talk again.
* Things to Remember
  + Be wary of jumping to conclusions or making assumptions
  + Empathize, don’t sympathize
  + LISTEN, ask questions, LISTEN, ask questions...

**Dealing with Difficult Situations:**

* Restate the other party thoroughly both repeating the content of what was said and acknowledging the emotions behind what was said. Ask them if you understood correctly or if there’s something they think you haven’t heard.
* Make a list of the main issues and then address them one by one. Look for common interests and start there. Help refocus the other party when they start to stray.
* Check out their commitment to resolving the problem. Explain what you can realistically help with and what role they will need to play to accomplish their goals.

**Use the Language of Neutrality:**

* Please tell me more about...
* Can you share some examples of...?
* Have you encountered this problem before? How did you address it then?
* What I hear you saying is...
* Can you suggest an option that could address the problem of...?
* If (name) is willing to... does that change what you would consider as an option?
* Do you see a way of doing that?
* What feels like a fair solution to you?

**Rx for Prevention:**

* Communicate interests and needs... to everyone who is responsible for knowing.
* Know the channels... the university can easily appear to be a complicated bureaucracy. It’s important to understand its policies and the channels you must go through to resolve problems.
* Don’t procrastinate! In most cases, the longer you wait, the harder it will be to solve your problem.

**Seek Assistance:**

Everyone has different abilities, at different times in their lives, to work through adversity. There are several resources on campus to assist you. Ask for help when you’re stuck, need information, need ideas, or just need someone to listen.

**Conflict Resolution**

https://oscr.umich.edu/conflict-campus

* **L stands for Listen**. In this stage of LARA, active listening needs to be practiced, by maintaining eye contact (if culturally appropriate), nodding your head, and showing that you are listening.
* **A stands for Affirm or Acknowledge**. Much like active listening, this stage requires that the RA says something affirming like “I can understand why it’s difficult for you to talk to your roommate about this and why it is also so important to you.” Acknowledge the feelings and needs behind what is being said.
* **R stands for Respond.** This is when the RA can respond to what was said – address the interests and needs that the resident brought up.
* **A stands for Add.** This is when the RA can provide additional information or options about solutions. Do not give advice or force your opinion on anyone, though!