Welcome
BEAVER NATION
Academic Success Center .................................................. 541-737-2272  
Admissions .......................................................... 541-737-4411  
Athletic Tickets .......................................................... 541-737-4455  
Beaver Bus .............................................................. 541-737-2583  
Books and Supplies .................................................. 541-737-4323  
Campus Operator/General Information .................. 541-737-1000  
Campus Police and Security .................................. 541-737-3010  
Campus Tours .......................................................... 541-737-2626  
Career Development Center .................................. 541-737-4085  
Change of Address .................................................. 541-737-4331  
Change of Major ....................................................... 541-737-4331  
Clubs and Organizations ....................................... 541-737-2101  
College Assistance Migrant Program (CAMP) ...... 541-737-2389  
Counseling & Psychological Services .................. 541-737-2131  
Cultural Resource Centers  
Asian & Pacific Cultural Center .......................... 541-737-6361  
Centro Cultural César Chávez ............................... 541-737-3790  
Ettihad Cultural Center ........................................... 541-737-1052  
Hattie Redmond Women & Gender Center ............ 541-737-3186  
Lonnie B. Harris Black Cultural Center ................ 541-737-4372  
Native American Longhouse Eena Haws ............... 541-737-2738  
Pride Center ............................................................ 541-737-9161  
Dean of Students ...................................................... 541-737-8748  
Disability Access Services (DAS) ......................... 541-737-4098  
Diversity & Cultural Engagement ....................... 541-737-9030  
Dixon Recreation Center ............................................ 541-737-3748  
Educational Opportunities Program (EOP) ........... 541-737-3628  
Family Resource Center (child care and other resources) 541-737-4906  
Family Weekend Information ................................. 541-737-7627  
Fee Payment ............................................................. 541-737-3031  
Financial Difficulties ............................................... 541-737-2241  
Fraternities ............................................................. 541-737-5432  
Health Insurance (student) ................................. 541-737-7600  
Housing (on campus) .............................................. 541-737-4771  
ID Center ............................................................... 541-737-2493  
Information (general) .............................................. 541-737-1000  
International Student Assistance  
INTO Reception ...................................................... 541-737-2464  
Office of International Services ......................... 541-737-3006  
Legal Assistance ...................................................... 541-737-4165  
Library ................................................................. 541-737-3331  
Loans and Grants .................................................... 541-737-2241  
Lost and Found ....................................................... 541-737-7240  
Newspaper (student) .............................................. 541-737-3374  
Ombuds Office ....................................................... 541-737-4537  
Oregon State University Police and Department of Public Safety  
Non-Emergency ..................................................... 541-737-3010  
Emergency ............................................................ 541-737-7000  
Parent Association ............................................... 541-737-7627  
Parking Permits ...................................................... 541-737-4242  
Pharmacy ............................................................... 541-737-9355  
Readmission ........................................................... 541-737-4331  
Residence Halls ...................................................... 541-737-4771  
Residency Requirements ...................................... 541-737-4411  
SafeRide Program (main office) ......................... 541-737-2252  
Scholarship Information ....................................... 541-737-1125  
Sororities .............................................................. 541-737-5432  
Spiritual and Philosophical Organizations ........... 541-737-9857  
Student Activities ................................................... 541-737-2101  
Student Care Team ................................................. 541-737-8748  
Student Government (ASOSU) ......................... 541-737-6300  
Student Health Services ....................................... 541-737-9355  
Study Abroad Program ........................................... 541-737-3006  
Summer Classes ...................................................... 541-737-4331  
Survivor Advocacy & Resource Center ............... 541-737-2030  
Transfer Credit (upon admission) ......................... 541-737-4411  
Tutoring (consult academic advisor) .................. 541-737-3331  
Collaborative Learning Center ......................... 541-737-3331  
Math Learning Center ........................................... 541-737-4946  
Supplemental Instruction ....................................... 541-737-2272  
Writing Center ....................................................... 541-737-5640  
Undecided Major ..................................................... 541-737-8144  
Withdrawal (from classes and from the university) .... 541-737-4331  
Verification of Enrollment ...................................... 541-737-4331  
Veterans Services Advisor ....................................... 541-737-7662  

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newstudents.oregonstate.edu
Students attending an in-person music class with physical distancing and other public safety measures.
**Discuss Your Family Communication Style**

Talk about your communication expectations together. Discuss the mode of communication: text, phone or video call. Be sure and give your student space to adjust to their new community and routine. Expectations around communication may need to be discussed again once your student is further into their experience.

If you would like to better understand your student’s experience and receive helpful and timely information, please sign up for the New Student Quarterly at families.oregonstate.edu.
Dixon Recreation Center offers a universally accessible rappel station, top-rope climbing, a bouldering cave and hang boards.
Beavers Working Together

As Beavers, we are committed to building a safer and healthier community. Individually and collectively, we all have a role to play in creating a safer and healthier environment in response to the COVID-19 pandemic. Your student should be familiar with any university public health policies or strategies that are in place to reduce the risk and spread of COVID-19. You can find current policies and additional information on Oregon State’s response to the pandemic at covid.oregonstate.edu.
Fall trees and colors can be seen on campus from late August to late November.
## Remember, Adjustment Takes Time

Homesickness and adjusting to college life is normal. Be your student’s sounding board, listen and ask questions. If your student is living away from home, try not to worry over every call or text. In most cases, students just need a safe space to vent after a hard day.

November is also when your student should be meeting an advisor to prepare for winter term registration. Advisors are here to assist your student with their academic goals and staying on track.
This art installation, “Synthesis,” is located in Johnson Hall, which houses the School of Chemical, Biological and Environmental Engineering.
Ending the Term Strong

Your student may be particularly busy between Thanksgiving and winter break due to finals. They may find it helpful to use a time management tool. This can be a planner, spreadsheets, apps, etc. Planning now will help them maintain momentum through the rest of winter term and beyond, and make sure they stay on top of coursework, homework and activities.
Students are always excited to see snow on campus. Passing by Community Hall, you are likely to see a family of snow people when the first snow arrives.
**New Year, Fresh Start**

Your student has learned a lot about how “do college” and can now put that knowledge to good use. Help them recognize areas of strength to build on and set new goals. This could be finding a new way to get involved or exploring a different major or career path.

Winter is a peak season for hiring for the coming year. Students will start to see postings at [jobs.oregonstate.edu](http://jobs.oregonstate.edu) for resident assistants, START leaders and positions at Recreational Sports and other campus locations.
While Corvallis only averages about 5.4 inches of snow each year, the campus often gets a couple of great snow days.
Taking Care

Sometimes the “winter blues” can turn into Seasonal Affective Disorder from lack of regular sun exposure, stress and other factors. Encourage your student to stay active and reach out to friends. Many people with Seasonal Affective Disorder benefit from getting outside and using a light box or lamp. Your student can also reach out to Counseling & Psychological Services (CAPS) to talk to a licensed counselor and discuss methods for managing their mental health.
The Memorial Union is the student activity center at Oregon State. The MU contains restaurants, meeting rooms, study spaces and a bowling alley.
Exploring the Community

Spring is a beautiful time on campus and off. Encourage your students to get out and explore their new surroundings. Oregon has many opportunities for outdoor adventures like skiing, hiking, beach strolling and more. Taking a day-trip adventure can be a great way for students to explore the Oregon community. Additionally, students can rent equipment from Dixon Recreation Center if they find themselves in need of items like skis, rafts or climbing gear.
Once spring comes, students are quick to forget the gray days of winter and enjoy the longer days and sunshine.
Plan for a Great Summer

Summer internships expose students to careers they might — or might not — like. Encourage them to explore what opportunities are available. Summer can also be a great time to take a class or two. There are many options from three to 11 weeks. And the best part is, the tuition rate is “in-state residency” for all students. While there many ways to get involved, students should also plan to take time to rest and relax over the summer.
Oregon State’s Corvallis campus boasts beautiful trees and plants that bloom in April and May.
### Prepare Early

This is great month to ensure that your student is prepared to return next year. Check in and ask:

- Have they seen their advisor about registering for fall term courses?
- Are their housing arrangements in place?
- Do they have plans for a campus job?
Commencement is a wonderful time to celebrate many years of hard work.
Celebrate a Year of Growth

You may notice that your student isn't exactly the same person who started at Oregon State in the fall. If your student is moving home, it may take a while for your household to reestablish a comfortable routine. Work to find a balance that still encourages their independence.

Also encourage your student to find ways to maintain the relationships they’ve built with friends and mentors at OSU. This could be by visiting their new friends or maintaining contact on social media.
During Summer Session, students can complete term length courses in as little as three weeks. Visit summer.oregonstate.edu to learn more.
**Nurture a Growth Mindset**

When your student reflects on the past school year, listen for signs that they may have a fixed mindset about their abilities. If you hear “I'm just not good at …,” remind them of the times they've persevered through a challenge and seen results. Coach them in the direction of a growth mindset. “With practice, I can learn how to become better at ….” Always praise their effort and learning rather than their outcome and grades.

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**NOTES**

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Students enjoy playing soccer at the Student Legacy Park. OSU offers many intramural leagues that students can sign up for.
Support New Transitions

In anticipation of your student’s second year, know that it will come with its own set of transitions. They may be living off campus for the first time, changing their major or shifting relationships. Whatever the case, support from loved ones will help them continue their journey.