



# **DIRECTORY**

Academic Success Center	
Admissions	
Athletic Tickets	
Beaver Bus	
Books and Supplies	
Campus Operator/General Information	
Campus Police and Security	
Campus Tours	
Career Development Center	
Change of Address	
Change of Major	
Clubs and Organizations	
College Assistance Migrant Program (CAMP)	
Counseling & Psychological Services	541-737-2131
Cultural Resource Centers	
Asian & Pacific Cultural Center	
Centro Cultural César Chávez	
Ettihad Cultural Center	
Hattie Redmond Women & Gender Center	
Lonnie B. Harris Black Cultural Center	
Native American Longhouse Eena Haws	
Pride Center	
Dean of Students	
Disability Access Services (DAS)	
Diversity & Cultural Engagement	
Dixon Recreation Center	
Educational Opportunities Program (EOP)	
Family Resource Center (child care and other resources)	
Family Weekend Information	
Fee Payment	
Financial Difficulties	
Fraternities	
Health Insurance (student)	
Housing (on campus)	
ID Center	
Information (general)	541-737-1000
International Student Assistance	
INTO Reception	541-737-2464
Office of International Services	
Legal Assistance	
Library	
Loans and Grants	
Lost and Found	
Newspaper (student)	
Ombuds Office	
Oregon State University Police and Department of Public Sa	
Non-Emergency	
Emergency	
Parent Association	
Parking Permits	
Pharmacy	
Readmission	
Residence Halls	
Residency Requirements	
SafeRide Program (main office)	541-737-2252
Scholarship Information	
Sororities	
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)	
Collaborative Learning Center	541-737-3331
Math Learning Center	541-737-4946
Supplemental Instruction	541-737-2272
Writing Center	
Undecided Major	
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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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	August  S M T W T F S  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	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	4
5	No School - Labor Day	7	8	9	10	11
12	13	14	15	16	17	18
Move-In Begins	20	Move-In Ends	Fall Term Begins	23	24	25
26	<b>27</b> Week1	28	29	30		

# 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**.



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				September  S M T W T F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 21 22 23 24 25 26 27 28 29 30		1	2
1 1 L	ast Day to Drop a Fall erm Course with a 00% Tuition Refund ast Day to Add a Fall erm Course Online vithout Dept. Approval	4 Week 2	5	6	7	8	9
T	ast Day to Add a Fall erm Course Online vith Dept. Approval	11 Week 3	12	13	14	15	16
fi	ast Day to Withdraw rom a Fall Term Course vith a 50% Tuition efund	18 Week 4	19	20	21	22	23
	24 / 31	<b>25</b> Week 5	26	27	28	29	30

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

#### **Beavers Working Together**

MONDAY

TUESDAY

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.






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#### Remember, Adjustment Takes Time

Week 10- Dead Week

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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.



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21		November S M T W T F S	S M T W T F S	1	2	3	
0		1 2 3 4 5 6 7 8 9 10 11 12 13			Winter Term Priority Reg. Phase 2 Begins (Waitlist Available)	Last Day to Withdraw from Fall Term	
7		14     15     16     17     18     19     20       21     22     23     24     25     26     27					
$\alpha$		28 29 30	23 24 25 26 27 28 29 30 31		Dead Week: No finals or n	nidterms except labs	
MBE	5	6	7	8	9	Fall Term Ends	
CEM		Fall Term Finals Week					Winter Break
DE	12	13	14	Fall Term Grades Posted Online	16	17	1
		I	ı	i I	I	· I	I
	19	20	21	22	23	24 University Closed	2
-	26	27	28	29	30	31	

### **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.



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University Closed

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SUNDAY

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2	Winter Term Begins	4	5	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 2 26 27 28 29 30 31 :	S M T W T F S  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	8
	Week 1					
Last Day to Drop a Winter Term Course with a 100% Tuition Refund Last Day to Add a Winter Term Course Online without Dept. Approval	10 Week 2	11	12	2 13	14	15
Last Day to Add a Winter Term Course Online with Dept. Approval	No School - Martin Luther King Jr. Day	18	19	20	21	22
Last Day to Withdraw from a Winter Term Course with a 50% Tuition Refund	24 Week 4 31	25	26	27	28	29

WEDNESDAY

#### New Year, Fresh Start

Your student has learned a lot about how to "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 for resident assistants, START leaders and positions at Recreational Sports and other campus locations.



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FRIDAY

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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6	<b>7</b> Week 6	8	9	10	11	12
13	14 Week7	15	16	17	Last Day to S/U a Winter Term Course Last Day to Withdraw from a Winter Term Course (No Refunds Available)	19
Spring Term Priority Reg. Phase 1 Begins (Waitlist Not Available)	21 Week 8	22	23	24	25	26
27	<b>28</b> Week 9					

#### **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.



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	February	April	1	2	3	4	5
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7	20 21 22 23 24 25 26						
	27 28	24 25 26 27 28 29 30					
J	6	7	8	9	10	11	12
					Spring Term Priority	Last Day to Withdraw from Winter Term	
					Reg. Phase 2 Begins (Waitlist Available)	from winter term	
1					, , , , , , , , , , , , , , , , , , ,		
5		Week 10 - Dead Week: No fi	nals or midterms except labs				
	13	14	15	16	17	18	19
						Winter Term Ends	
		Winter Term Finals Week					
	20	21	22	23	24	25	26
	20	21	22	Winter Term Grades		23	20
				Posted Online			
		Spring Break					
	27	28	29	30	31		
	_/	Spring Term Begins		50			
		opinis icini begins					
		Week 1					

#### **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 daytrip 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.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			March	May	1	2
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			13 14 15 16 17 18 19	15 16 17 18 19 20 21		
			20 21 22 23 24 25 26			
			27 28 29 30 31	29 30 31		
3	4	5	6	7	8	9
Last Day to Drop a						
Spring Term Course with a 100% Tuition Refund						
Last Day to Add a Spring						
Term Course Online without Dept. Approval						
without Dept. Approval	Week 2					
10	11	12	13	14	15	16
Last Day to Add a Spring						
Term Course Online with Dept. Approval						
The property of						
	Week 3					
17	18	19	20	21	22	23
Last Day to Withdraw						
from a Spring Term Course with a 50%						
Refund						
	Week 4					
2.4	25	26	27	20	20	20
24	25	26	27	28	29	30
	Week 5					
				<u> </u>		

#### 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 "instate 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.



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2022	1	Week 6	3	4	5	6	7
MM	8	9 Week7	10	11	12	Last Day to S/U a Spring Term Course  Last Day to Withdraw from a Spring Term Course (No Refunds Available)	14
	15	16 Week 8	17	18	19	20	21
	22	Week 9	24	25	26	27	28
	29	No School - Memorial Day	31 Week 10- Dead Week	S M T W T 5 5 5 1 1 2 2 3 4 5 6 7 8 9 10 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S  1 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		

#### **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?





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J		29 30 31	24     25     26     27     28     29     30       31	Dead Week: No finals or	midterms except labs		
2	5	6	7	8	9	Spring Term Ends	Commencement Day
		Spring Term Finals Week					
	12	Summer Session 6 Begins (1 Week)	14	Spring Term Grades Posted Online	16	17	18
	19 Summer Session 6 Ends Juneteenth	Summer Session 1 (11 Weeks), Summer Session 2 (4 Weeks) and Summer Session 3 (8 Weeks) Begins No School - Juneteenth Observed	21	22	23	24	25
	26	27	28	29	30		

#### 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.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		June	August	1	2	
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				21 22 23 24 25 26 27		
			26 27 28 29 30	28 29 30 31		
			20 27 20 29 30	20 29 30 31		
3	4 No School -	5	6	7	8	9
	Independence Day					
10	11	12	13	14	15	16
10	''	12	15	14		10
					Summer Session 2 Ends	
17	18	19	20	21	22	23
17	1		20			23
	Summer Session 4 Begins (4 Weeks)					
	begins (4 Weeks)					
24	25	26	27	28	29	30
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#### **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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## **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.



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