

2022-2023

PARENT & FAMILY HANDBOOK



Oregon State
University

2022-2023 ACADEMIC CALENDAR

SUMMER TERM

Juneteenth Observed	June 17, 2022
Classes Begin	June 20, 2022
Independence Day	July 4, 2022
8-Week Session Ends	Aug. 12, 2022
11-Week Session Ends	Sept. 2, 2022

FALL TERM

Classes Begin	Sept. 21, 2022
Veterans Day Observed	Nov. 11, 2022
Thanksgiving Holiday	Nov. 24-25, 2022
Classes End	Dec. 2, 2022
Final Exams End	Dec. 9, 2022

Winter Break Dec. 10, 2022-Jan. 9, 2023

WINTER TERM

Classes Begin	Jan. 9, 2023
MLK Day	Jan. 16, 2023
Classes End	March 17, 2023
Final Exams End	March 24, 2023

Spring Break March 25-April 3, 2023

SPRING TERM

Classes Begin	April 3, 2023
Memorial Day	May 29, 2023
Classes End	June 9, 2023
Final Exams End	June 16, 2023





WELCOME TO THE OREGON STATE UNIVERSITY COMMUNITY

Dear families and supporters,

We are so glad to have you with us for START orientation as your student begins their OSU journey. This handbook contains our best advice for easing this transitional period in your life, as well as some tips based on questions we receive frequently.

This year, it is particularly important that I emphasize a topic that has been on my mind as I have been working with students for the past two years: trauma. I have been revisiting a book titled “Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others” by Connie Burk and Laura van Dernoot Lipsky. While it was written in 2009, it has new meaning after experiencing the last two years. See if your local library has a copy you can peruse, but I’ll share a few things from that book that have helped me guide students through this global pandemic.

1. Trauma happens to us, around us, and peripherally to us all, and it impacts the way our brains function in times of stress. Remind your student to practice self-compassion and give themselves time to adjust to this new environment, especially after virtual classes, hybrid classes, in-person classes with masks and so many other variations of education from 2020 to now.
2. You may notice trauma exposure show up with your student’s responses to new things, such as anger, fear, guilt or hypervigilance. All of these responses are completely normal to feel and you can help your student by listening non-judgmentally and bringing them back to their reasons for wanting to go to Oregon State and college in general. Perhaps they were excited about doing research in their major or learning more about what interests them overall — focusing on what drives them will help make some of the trauma responses easier to manage.
3. Many students have experienced avoidance, lack of focus, social anxiety, exhaustion and even shock over the past few years. This could show up as not attending classes, avoiding homework, dismissing peers and receiving lower grades than normal. It’s important to gently encourage your student to give the task before them a try, even if it is hard or they need some extra support to do it. Engaging in experiential learning (like clubs, sports or jobs) is a helpful way to ease back into a routine and find purpose, structure and victories.

We anticipate that this year at Oregon State is going to feel a little more “normal” than the last one, and we are committed to supporting you and your student through this transition. We hope this guide gives you some things to think and talk to your student about, and helps you make plans to support your student’s success at OSU. We’re excited to be on the journey with you.

In gratitude,

Melissa Morgan
Director of Office of Student Orientation

Community & Belonging



Student Experiences & Engagement

Finding a sense of belonging positively supports student success. There are a plethora of groups and engagement opportunities for students to find community, affirmation and validation of their identities and experiences. Students in college often experience the most growth outside of the classroom — gaining skills, developing confidence and building community. In a small college town, getting involved is vital to positive student outcomes.

Culturally relevant engagement and social justice education are critical components to finding affinity, wellness and connection at Oregon State. This might look like getting involved with one of the seven cultural resource centers, joining a cultural club or organization, volunteering in the Global Community Kitchen, or advocating for the needs of historically underrepresented communities on campus or in Oregon.

University Housing & Dining Services

College is an abundance of experiences — late-night study sessions, new friends, spur-of-the-moment adventures and interests students didn't even know they had. It will be a time of immense growth as they figure out who they want to be and where they're going next.

UHDS believes that everyone deserves to feel included and valued in a community enriched by the wide diversity of identities and lived experiences. That's why our residence halls offer:

- + Gender-inclusive restrooms
- + A trained social justice peer leader
- + The option to choose a roommate of any gender identity
- + Programs and events where students can explore their own identity, build community and learn how to advocate for change

Supporting Your Student

Your student is beginning one of life's most rewarding journeys. You are also going to experience new feelings and face new challenges as your student establishes their independence. Below are some tips as you navigate this new transition.

- + Understand that stress and a certain amount of anxiety are normal for students to experience. Sometimes there may be mood changes or what seems like irresponsible behavior, but rest assured this is a transition phase.
- + Empower your student to solve their own problems. They will turn to you, but work to guide them and not direct. Rather than express your opinion, or talk about what you would do, ask probing open-ended questions.
- + Listen, openly, honestly and without judgment.
- + A certain amount of homesickness is normal.
- + Encourage your student to stay on campus or in Corvallis on the weekends. This will help them to build a social network and succeed in this new place.
- + Remind your student that it is natural to have doubts and to be unsure of their major or how they will adapt. Remind them that you trust them and that they are capable of making the right choice for them.





Some things to discuss before school starts



Communication

How often will you text? Talk on the phone? Which person will initiate? What about other ways of keeping in touch? This will ebb and flow, but it is often helpful to talk about these questions up front and then make adjustments once routines have settled.



Finances

Talk with your student and develop a clear understanding of how things are paid for and who pays for what expenses. If you agree that you will contribute to their Oregon State University bill, then discuss how you will get a copy of the bill each month (bills are not mailed home). Students may add an authorized user to their mybill.oregonstate.edu account.



Visiting

Talk with your student and discuss how often and when visits will occur, whether they will visit you or vice versa, plus who will pay for travel expenses. What are your expectations about school breaks? Who is responsible for booking travel? Our residence halls never shut down during the school year, so a student who is living on campus always has access to their residence hall and meal plan, even on university breaks.

Understanding FERPA

What is FERPA?

The federal Family Educational Rights and Privacy Act (FERPA), along with Oregon state law and administrative rules, gives students certain rights with respect to their educational records and requires colleges and universities to protect the confidentiality of a student's educational record.

What are educational records?

- + Contain information that is directly related to a student
- + Are maintained by the educational institution or a party acting for the institution
- + Include, but are not limited to, transcripts, grades, conduct records, housing information, advising information/academic planning, class schedules, student accounts and financial aid information

What are students' rights?

- + To inspect and review their educational records within 45 days of the request
- + To request the amendment of portions of their educational record that they believe are inaccurate or misleading
- + To consent to disclosures of the personally identifiable information contained in their educational record, except to the extent that FERPA authorizes disclosure without consent
- + To file a complaint with the U.S. Department of Education concerning alleged failures by Oregon State University to comply with the requirements of FERPA

What about parental access?

While federal law permits the release of records to parents of dependent students, it is not required. The state of Oregon's regulations are more restrictive and allow only directory information to be released to parents.

According to both federal and state law, parents may request a copy of their student's record only with the student's written consent. Students may complete the Student Consent to Release Information Form available online at registrar.oregonstate.edu/access-to-your-records to share financial aid, student account and course registration data. There are separate forms for University Housing & Dining Services, Student Conduct & Community Standards and Student Health Services to permit sharing of information with the consent of your student. Students have access to their grades online via MyOregonState (my.oregonstate.edu) a few days after the end of the term.

Please note, university officials may only share information about processes generally, not specifics about your student within any given process. More information may be found at registrar.oregonstate.edu/privacy-records.

Help for Your Student

Transitioning to OSU

College life comes with new expectations and challenges. These resources help students in their transition to Oregon State and are a starting point for navigating other resources.

Academic Advising

Guidance for degree completion
beav.es/4Qy

Academic Success Center (ASC)

Study resources and tips
beav.es/4AJ, 541-737-2272
Waldo Hall 125

University Housing & Dining Services (UHDS)

Student housing and meal plans
beav.es/4A3, 541-737-4771
Oxford House

Mental & Physical Health

Some students need support for anxiety, depression or other mental health concerns, while others may seek clinical health services, substance abuse support or additional resources.

Counseling & Psychological Services (CAPS)

Mental health services
beav.es/ZmH, 541-737-2131
Snell 500

Student Health Services

On-campus medical care
beav.es/ZmD, 541-737-9355
Plageman Building

Center for Advocacy, Prevention & Education (CAPE)

Interpersonal violence prevention and support for survivors
541-737-2030

Personal Crisis

Whether your student is dealing with a personal emergency — like loss of a loved one, illness or financial concerns — or needs help navigating the university landscape, there are resources to help.

ASOSU Legal Services

Student-fee paid legal advice and representation
beav.es/ZsV, 541-737-4165

ASOSU Office of Advocacy

Support for students navigating disciplinary and other processes
beav.es/Zmz, 541-737-9200
Student Experience Center 228

Basic Needs Center

Basic needs support for the OSU student community
beav.es/ZmR, 541-737-3747
Champinefu Lodge

Student Care

Crisis problem-solving support for students
beav.es/ZmK, 541-737-8748
Student Experience Center 206

Student Conduct & Community Standards

Upholds student expectations
beav.es/Zmr, 541-737-3656
Student Experience Center 342

Safety

Oregon State University's police department responds to emergencies on campus. Students should call 911 in an emergency.

OSU Police and Public Safety

On-campus safety (non-emergencies)
beav.es/46d, 541-737-3010
Cascade Hall 200

National Suicide Prevention Line

1-800-273-8255 or text 'OREGON' to 741741

Corvallis Police Department

Off-campus safety (non-emergencies)
beav.es/ZsH, 541-766-6924

Billing & Finances

Where should students start?

- + Students are required to complete a student financial services agreement that outlines the rights and responsibilities of the billing account when they log in to MyBill (mybill.oregonstate.edu).
- + Sign up for direct deposit for secure refund payments via MyOregonState (my.oregonstate.edu).

What are our payment options?

eCheck - mybill.oregonstate.edu

- + Free
- + Authorized user can pay the bill

Credit Card - my.oregonstate.edu

- + Visa, Mastercard and Discover accepted
- + Processing fee may apply

Check - Multiple ways to pay

- + By mail
- + In person at the Cashier's Office
- + Drop box in Kerr

Cash - In person at the Cashier's Office

Can someone else pay an Oregon State student's bill?

Students may add an authorized user by logging into their account at mybill.oregonstate.edu.

- + After the student adds the authorized user, an email will be sent prompting the new authorized user to create a login for "Pay My Bill."
- + As an authorized user, each time an eBill is processed for your student you will receive email notification that it is ready to view.
- + Authorized users are able to log in and view, print or make payments via eCheck.
- + More information on authorized users can be found at fa.oregonstate.edu/welcome-parents.

ADDITIONAL QUESTIONS?

Contact Student Account Services

studentaccounts@oregonstate.edu
541-737-3775
fa.oregonstate.edu
Kerr Administration Building, first floor

Contact Financial Aid

financial.aid@oregonstate.edu
541-737-2241
financialaid.oregonstate.edu
218 Kerr Administration Building

Your student may have new responsibilities, including managing their finances, budgets and due dates. Talk with your student about these responsibilities now and frequently throughout the year. Having a bank account or credit card may be a completely new experience for your student, so it's important to have conversations about budgeting for expenses, spending habits and paying for their education. Another great resource for learning more about this topic is the Center for Advancing Financial Education (CAFE). Visit beav.es/ijZ.

Academic Transition

As students transition to this university setting, they often experience a culture shift as the educational environment at Oregon State may be different from their prior experiences. There are many things that students can do to navigate this transition and actions you can take to support your student.

Academic Success Center | 125 Waldo Hall | 541-737-2272 | success.oregonstate.edu

What can students do?

- + Be proactive about a time management and organizational strategy.
- + Visit faculty members at least once per month during office hours.
- + Observe when certain topics feel more engaging — talk to faculty, advisors and the Career Development Center about these topics.
- + Set aside 20 minutes each week to plan for the week ahead.
- + Reflect on how classes are going, which study strategies are or are not working, what the priorities for the week are and what activities sound interesting.

What can parents and families do?

- + Ask open-ended questions that prompt reflection about study skills, time management, mentorship, successes and failures.
- + Ask about what is happening on campus this week and how your student plans to engage — encourage your student to build connections to campus and create a support network.
- + Acknowledge the transition to college can be challenging and amazing at the same time.
- + Reinforce with your student that they belong at Oregon State and can succeed here. Encouragement from you is so important!

What does Oregon State do?

- + Faculty are constantly looking for ways to increase interaction with students (e.g. course redesign and undergraduate research).
- + Academic advisors hold quarterly meetings with students.
- + OSU offers multiple ways for students to receive peer education support — in residence halls (RA, ALA), via the Academic Success Center (coaching, SI), through tutoring and wellness support, etc.
- + Students can access in-person or virtual personalized assistance from the Academic Success Center (Monday-Friday, 9 a.m. to 5 p.m.). For information, visit our website at success.oregonstate.edu.
- + Oregon State offers a comprehensive list of student resources at experience.oregonstate.edu/resources.

Sense of time

At Oregon State, each term is 10 weeks (instead of 16 weeks in a semester school). It can be easy to get behind, and any challenging circumstance can amplify this (for example, getting sick, missing class, recovering from a low grade). Students may not know how they are performing in any one class until four or five weeks remain in the term. The quarter system does allow for more courses each year and can provide greater variety throughout a student's time at Oregon State.

Faculty interactions

Time with faculty will likely be different than what your student previously experienced. Students may see faculty one to three times per week, not everyday. Classes are typically larger and focused on content delivery instead of relationship building. The expectation at Oregon State is that most learning is student driven and taking place outside of the classroom. Building a relationship with faculty may feel intimidating, but most faculty are approachable and value student interactions.

Exploration is encouraged

Your student will be exposed to new ideas, courses, faculty and roommates during their time at OSU. Students are expanding their sense of agency and connecting their choices to outcomes. Exploration doesn't mean that your student isn't taking college seriously, or that they will be delayed in graduating. It can mean that your student is being purposeful; keeping an open mind; and considering different pathways.

Seeking help is a skill set

Some students are slow to seek help because they associate the idea of getting help with failing. In reality, most successful students often seek guidance. Looking for support demonstrates maturity and a willingness to reflect on one's experiences.



Safety

While the Oregon State community and the city of Corvallis are friendly and relatively safe, neither is immune to the realities of the world. Every student must take responsibility and recognize the possibility of crime, reducing risks through preventive measures wherever possible.

SafeRide

ASOSU SafeRide provides OSU-Corvallis students a safer ride home or to campus. When in service, students may request rides to neighborhoods in Corvallis and Philomath through the TapRide app or by calling 541-737-5000.

In accordance with the national Clery Act, a comprehensive annual campus crime report can be viewed at publicsafety.oregonstate.edu.

CONTACTS

Oregon State University Police and Department of Public Safety

541-737-3010 (non-emergency)
911 (emergency)

Corvallis Police Department

541-766-6924 (non-emergency)
911 (emergency)

SafeRide Service

541-737-2252 (office)
541-737-5000 (shuttle)

Tips and practices

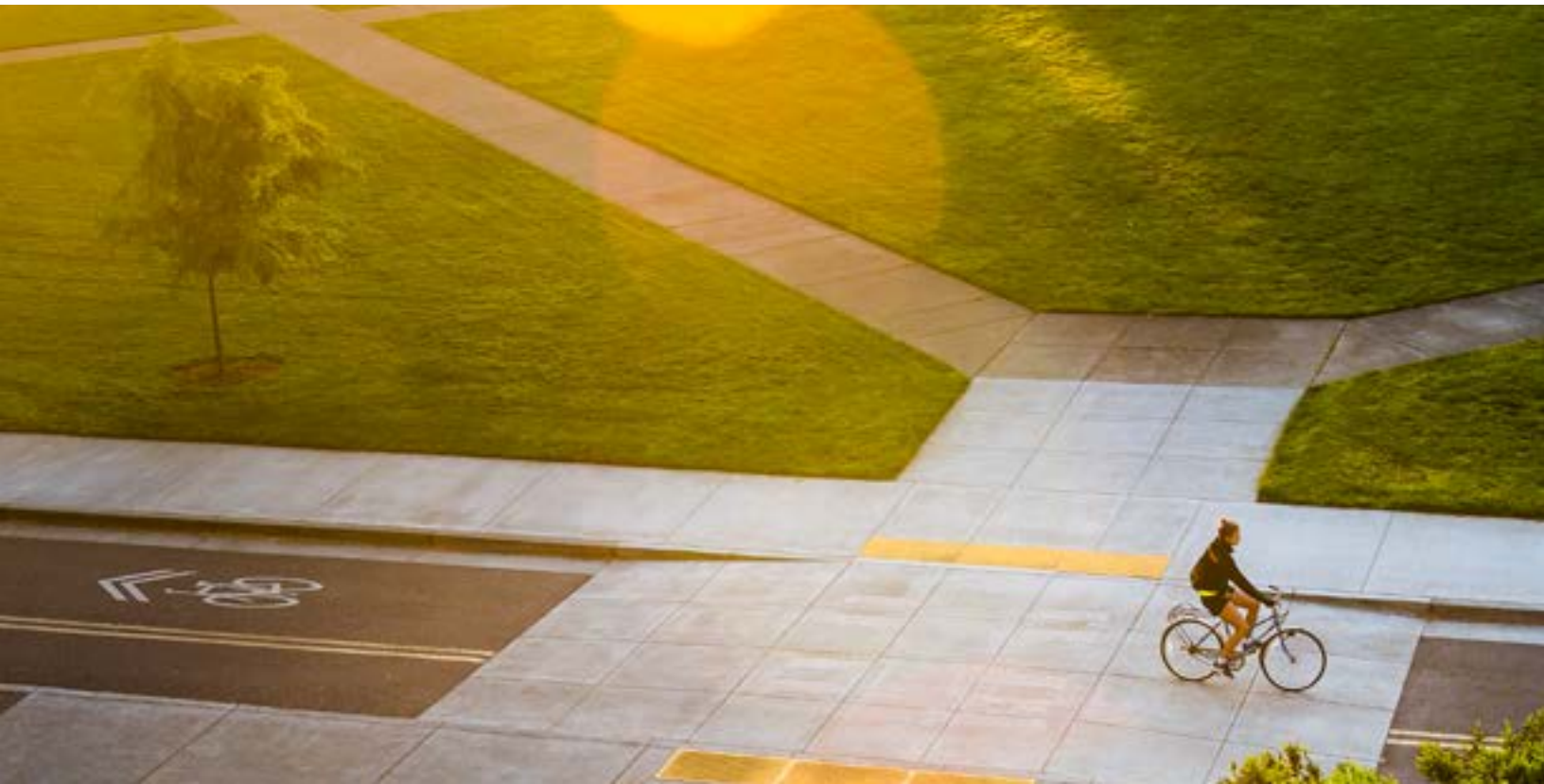
These tips will be shared with your student throughout their transition to Oregon State.

- + Theft is the most common crime on campus. Most thefts occur during the day, 80% of the time when something is left unlocked. Cars, residential rooms, apartments and houses should be kept locked at all times.
- + Students should not compromise safety for a roommate who wants the door left unlocked. They should contact appropriate building staff to replace locks if a key is lost or stolen. Never loan out room keys or apartment keys.
- + Bike thefts are very common, and it is recommended that bikes be locked up. Transportation Services recommends students use a u-lock with a cable lock to secure both the frame and wheels of their bikes. Visit transportation.oregonstate.edu/bike-theft-prevention for details about bike theft prevention and registering your bike.
- + Document the serial number on valuable items (like laptops and tablets) and keep this information in a safe space. In the event of a theft, the serial number can assist with proving ownership if the item is recovered.
- + Students are encouraged to always keep their valuables with them when at the library, the Memorial Union or a coffee shop.
- + Encourage your student to share their class, social and recreational schedules with your family and close friends.
- + If an emergency occurs while walking around OSU, students may use the blue light emergency phones located throughout campus to request assistance. Simply press the red button and police/public safety will respond immediately.
- + Parents and families should encourage their student to explore renters insurance options. If your family owns a home, check your homeowners insurance to confirm whether your student's belongings are covered.



OSU Alert

OSU Alert is a system that allows public safety officials to create and send emergency alerts as text messages, phone messages and emails. A student's OSU email is automatically added and anyone can enroll in our texting alert system by texting OSUALERT to 67283.



Health & Wellness

Encourage your student to establish a care support network on campus — before a need arises — and to take advantage of the broad range of OSU resources. Eating and sleeping well, being active and receiving care when needed will help your student make the most of their time at Oregon State University.

OSU will remain flexible and responsive to current COVID-19 public health conditions. For the latest information and student guidelines, visit studenthealth.oregonstate.edu.

STUDENT HEALTH SERVICES
541-737-9355 or
(877) 824-9355
studenthealth.oregonstate.edu

Student Health Services (SHS) provides primary care, psychiatry, prevention, advocacy and wellness services and leads public health efforts for the campus community. In addition to a broad range of clinical services, SHS offerings include nutrition information, alcohol and drug counseling, nicotine treatment, survivor advocacy and the free Oregon Contraceptive Care program.

COUNSELING & PSYCHOLOGICAL SERVICES
541-737-2131
counseling.oregonstate.edu

Counseling & Psychological Services (CAPS) provides a variety of services and mental health programming to address the challenges and difficulties students face. These programs and services are designed to help students understand themselves better, create and maintain satisfying relationships, improve their academic performance and make healthy and satisfying life choices.

DEPARTMENT OF RECREATIONAL SPORTS
541-737-3748
recsports.oregonstate.edu

The Department of Recreational Sports (Rec Sports) helps students remain active through the ups and downs of college life. Rec Sports offers a number of student-centered recreational services and activities, in addition to maintaining the following Corvallis locations in support of student well-being: Dixon Recreation Center, McAlexander Field House and Student Legacy Park.

University health fee

The university health fee covers most office visits to Student Health Services and Counseling & Psychological Services, including routine appointments with primary care clinicians, counseling, nicotine treatment, nutrition consultations and a 24-hour nurse advice line. Lab work, x-rays and other ancillary services are billed to the student's account. Read more at studenthealth.oregonstate.edu/general/fees-services.

Health insurance

Student Health Services offers a comprehensive health insurance plan for students through PacificSource. Benefits include coverage for most SHS charges, a low deductible and nationwide coverage. This is the only plan for which SHS is in network. Claims are filed to other insurance plans as a courtesy. For details, visit studenthealth.oregonstate.edu/insurance.

Health history and required vaccines

OSU's immunization requirements help students stay healthy, in class and able to achieve their academic goals. Students may access the health history form to upload required vaccine documentation at myhealth.oregonstate.edu (university ONID and password required to log in). Visit the [Student Health Services](https://studenthealth.oregonstate.edu) website for information on the COVID-19 vaccine requirement.

Privacy and confidentiality

Confidentiality of student information is of paramount importance at Oregon State. Student Health Services and Counseling & Psychological Services follow all applicable state and federal laws related to the disclosure of medical and mental health information, as well as applying the highest professional standards of care and privacy. Information about a student cannot be released to a third party — including a parent — without the student's permission after the service is rendered, except in specific circumstances. See studenthealth.oregonstate.edu/policies-and-guidelines.

Cannabis in Oregon

Oregon State University is federally funded and, therefore, bans all federally illegal substances, including cannabis and related paraphernalia. This includes the use, possession or distribution of cannabis, even with a medical cannabis card. See hr.oregonstate.edu/policies-procedures/marijuana-policy for information.

Tobacco-free policy

The Oregon State University Corvallis campus is tobacco free. Smoking or vaping within the campus boundaries or within university-owned spaces is prohibited. See health.oregonstate.edu/tobacco-free/policy for information. Students have access to free nicotine treatment at Student Health Services. Visit studenthealth.oregonstate.edu/nicotine-treatment.





Ways to assist your student

Give your student time to map out their career path.

Support your student's exploration of potential jobs and career fields.

Encourage your student to pursue experiences outside of the classroom to help in their exploration, including volunteering, undergraduate research, clubs or organizations.

Remain open if your student decides to explore or major in something other than what you wanted for them.

Career Development Center
career.oregonstate.edu

On-Campus Employment

Finding employment, while attending school and after graduation, is an important concern for students and their families. Oregon State's Career Development Center has many resources to help. We recommend that full-time students work no more than 20 hours per week while taking classes. This is particularly important for new students who are also managing their transition to Oregon State University.

WHERE CAN STUDENTS FIND OUT ABOUT AVAILABLE JOBS?

Students can use Handshake found via the Career Development Center's website for on- and off-campus positions. On-campus positions include regular student employment and federal work-study.

WHAT IS A WORK-STUDY JOB?

Work study is based on financial eligibility. The federal work-study program allows students to work at an hourly rate to earn the total federal work-study amount granted through their financial aid award. Students receive a monthly paycheck for the hours worked, and employers on campus receive a subsidy that helps create job opportunities. If your student is eligible for work study, it will be listed as part of their financial aid award letter. Learn about federal work-study at financialaid.oregonstate.edu.

WHAT STUDENT EMPLOYMENT OPPORTUNITIES DOES OREGON STATE OFFER?

Oregon State offers a variety of employment opportunities, so students can find a position that best fits their interests. These include positions working with University Housing & Dining Services, supporting START orientation, engaging in research or internships, tutoring and much more! Students can view and apply for current on-campus jobs by visiting jobs.oregonstate.edu.

DOES OSU HELP STUDENTS FIND INTERNSHIPS AND JOBS AFTER GRADUATION?

The Career Development Center (CDC) helps students plan for their future and develop skills needed for a successful job or internship search. The CDC offers workshops on résumé preparation, cover letters, interviewing and job search strategies, along with cooperative and internship job opportunities. Each year, more than 400 employers come to campus to interview students for full-time employment and internship opportunities — more than any other school in Oregon.

The CDC provides career decision-making guidance and planning through individual appointments with advisors and through self-guided career development tools, like Focus2. This software provides opportunities for students to assess their strengths, skills and values, and it helps them explore career paths that may be a good fit. Encourage your student to visit with the CDC early and often. Students who proactively engage in the career development process often have more successful job searches upon graduation.

Students can also make connections directly with professors and other OSU faculty members. Some employment opportunities, such as research, teaching assistant and tutoring positions, are often facilitated by professors. Making connections with professors can open students up to many opportunities for employment.

Getting Involved

Your student’s Oregon State University experience may begin in the classroom, but their involvement outside of the classroom can be just as influential. The OSU Experience website (experience.oregonstate.edu) is their go-to spot for engagement opportunities and support resources. Whether they want to get involved on campus, serve their community or improve their well being, they’re in the right place.

Some families worry that their students won’t be able to balance their academic studies and social activities. A healthy balance of study and co-curricular activities tends to improve a student’s academic experience. Student Experiences & Engagement (see.oregonstate.edu) and other organizations at OSU provide opportunities to meet people with similar interests, apply what they have learned in the classroom to real-life situations and improve time management.

Spiritual and religious opportunities

Oregon State recognizes the needs of students to explore meaning, purpose and philosophy as an important component in their development. Recognized OSU student groups focused on religious and spiritual growth support students’ development in these areas, along with a wide variety of community organizations. Visit studentlife.oregonstate.edu/spiritual-life for more details.

Experiential learning

OSU offers many ways for students to expand their learning beyond the college classroom. Learning by doing is a highly effective way to develop or confirm interest for a particular area of study, gain valuable skills for future careers, network with people in a chosen industry, challenge oneself and personalize an education. Encourage your student to explore the various experiential opportunities available to them at Oregon State. They can get involved with world-class research, study abroad, participate in service learning and civic engagement projects, and complete internships with local, national and global companies.

Undergraduate research

OSU is Oregon’s leading public research university with thousands of research projects annually. Undergraduate students are encouraged to participate in research to gain hands-on experience, develop critical thinking and problem-solving skills, stimulate intellectual curiosity and deepen relationships with faculty in their fields of study. To learn about the benefits of research and how your student can get involved, visit undergraduate.oregonstate.edu/research.

Study abroad and international internships

The Office of Global Opportunities (OSU GO) offers more than 100 different approved study abroad opportunities and international internships. Scholarships are available to help students pay for their time abroad. Students can study abroad for a few weeks to an entire academic year, while earning Oregon State course credits and making progress toward academic degrees. Studying abroad gives students a global perspective and increased culture competence, both of which are highly valued in today’s workforce. Visit undergraduate.oregonstate.edu/osugo.

Involvement Opportunities at Oregon State

Associated Students of Oregon State University (ASOSU)	Student employment	Center for Fraternity & Sorority Life
Residence Hall Association (RHA)	OSU Program Council	Seven cultural resource centers
400+ student organizations	Volunteer and service learning	And much more!
	Intramural and club sports	

Other Experiential Learning Options to Explore

Adventure Leadership Institute recsports.oregonstate.edu/ali	Internships career.oregonstate.edu
Community Engagement & Leadership cel.oregonstate.edu	Orange Media Network (newspaper, radio, TV) orangemedianetwork.com
Experiential Learning & Activities ela.oregonstate.edu	Student Experiences & Engagement see.oregonstate.edu



Glossary

ADD/DROP: Students may add or drop classes during the first two weeks of each term. Always check the add/drop schedule because there are fees and refund deadlines that may apply.

ADVANCED PLACEMENT: Advanced placement and/or credit may be granted to an entering student who has satisfactorily completed College Board Advanced Placement Examinations taken during high school.

ADVANCED STANDING REPORT: A summary of courses and credits completed by a student at one postsecondary institution and accepted by another institution at the time of admission. The Advanced Standing Report is used to determine the number of required and elective credits needed to complete degree requirements.

ADVISOR: A faculty member appointed by the department or college to assist a student with planning academic programs.

BACCALAUREATE CORE: The university’s general education requirements consisting of skills courses, perspectives courses, synthesis courses and writing-intensive courses.

B.A. DEGREE: The bachelor of arts degree is conferred for a broad liberal arts education in humanities, arts, social sciences and sciences.

B.F.A. DEGREE: The bachelor of fine arts is a professional degree requiring a minimum of 105 credits in the visual arts.

Colleges and universities are known for their acronyms and for creating their own language. Use this glossary to understand your student’s new vocabulary.

B.S. DEGREE: The bachelor of science degree is conferred for focused curricula that emphasize scientific ways of knowing and quantitative approaches to understanding the sciences and social sciences. It is also conferred for curricula in professional fields.

CERTIFICATE PROGRAM (UNDERGRADUATE): A specified interdisciplinary program of study leading to an official certificate and notation on a student’s transcript. A certificate program differs from a minor because it draws from more than one department rather than a single department. The certificate program must be taken in conjunction with a formal degree program.

COLLEGE: A subdivision of the university offering degree programs within a specific subject area. Oregon State University has 11 colleges, eight of which serve undergraduate students.

COMMENCEMENT: Oregon State’s annual graduation ceremony.

COURSE REFERENCE NUMBER (CRN): A five-digit number used to select a specific course, lab and/or recitation.

CREDIT: The academic value assigned to a course based on the type and level of the subject material, as well as the expected number of hours spent on class preparation. One credit is generally given for three hours of work per week, in and out of class.

ELECTIVES: Courses that are not required as part of a degree program, but are generally chosen and used by a student to supplement or enrich the required curriculum.

FIRST-YEAR STUDENT: A student who has completed 44 or fewer term credits toward an undergraduate degree.

GRADE POINT AVERAGE (GPA): Total number of grade points received divided by total number of credits attempted. Grade points are assigned for one term credit of each grade: A = 4.0, A– = 3.7, B+ = 3.3, B = 3.0, B– = 2.7, C+ = 2.3, C = 2.0, C– = 1.7, D+ = 1.3, D = 1.0, D– = 0.7 and F = 0.0. Grades of I, P, N, S, U and W are not computed.

GRADUATION AUDIT: An evaluation of a student’s academic record to determine if the graduation requirements set forth by the university, college and major department have been met.

HANDSHAKE: A primary source of career-related information, including event listings, internships and off-campus job opportunities.

JUNIOR: A student who has completed at least 90 but not more than 134 term credits toward an undergraduate degree.

LOWER-DIVISION COURSES: Course offerings at a level of comprehension usually associated with first-year and sophomore students. Lower-division courses are numbered in the 100s and 200s.

MAJOR (UNDERGRADUATE): The primary field of study in which a student wishes to receive a degree.

MINOR (UNDERGRADUATE): A second field of interest, consisting of a minimum of 27 designated term credits of related course work, 12 of which must be completed at the upper-division level.

MYDEGREES: MyDegrees is a web-based degree checklist program and academic advising tool designed to assist students and advisors in reviewing degree progress.

OPTION (UNDERGRADUATE): A second field of interest, consisting of a minimum of 21 designated term credits of related course work, 15 of which must be completed at the upper-division level.

PERSPECTIVES COURSES: Courses that integrate fundamental knowledge from science and liberal arts disciplines to develop cultural, historic and scientific perspectives.

PRE-PROFESSIONAL PROGRAM: A collection of introductory courses offered at the lower-division level. Pre-professional programs are often designed to ensure students have the aptitude, motivation and discipline to successfully complete advanced course work as well as achieve the standards for a chosen career field.

PREREQUISITES: Requirements that must be completed before enrollment in a course. The instructor may waive a prerequisite.

PROBATION (ACADEMIC): Students who have completed two or more terms at Oregon State and have a cumulative GPA below 2.0 are placed on probation. Students who raise their cumulative GPA to 2.0 or better are removed from academic probation.

PROFESSIONAL PROGRAM: Curriculum generally offered at the upper-division level, designed to

prepare students for a professional career within a specific field (e.g., engineering or pharmacy). Admission to professional programs is competitive and is often based on prior course work and/or work experience.

QUARTER: Typically 11 weeks in length (10 weeks of class and one week of finals) for three terms that make up a full academic year (fall, winter, spring). Summer session has a separate schedule with a wide range of options for class schedules.

RA: An RA is the residence assistant of a residence hall. The RAs are current students who are responsible for providing general assistance, such as facilitating social and educational programs; referring students to resources; and explaining and enforcing university policies and local and federal laws.

RD: An RD is a residence director. The RDs are full-time, master-level professional staff members that live in the on-campus community. They respond to emergencies, coordinate the RA staff and develop community programs.

SENIOR: A student who has completed 135 or more term credits toward an undergraduate degree.

SEQUENCE: Two, three or four closely related courses, usually taken in numerical order through more than one term.

SKILLS COURSES: Courses designed to give the student fundamental mathematical, writing, communication and fitness competence.

SOPHOMORE: A student who has completed at least 45 but not more than 89 term credits toward an undergraduate degree.

SUSPENSION (ACADEMIC): Students who are on probation and have a subsequent term GPA of less than 2.0 are placed on suspension. A student who has been suspended from Oregon State is prohibited from enrolling in classes and must fulfill specified criteria before being readmitted to the university. Academic suspension is recorded on the student’s academic record.

SYNTHESIS COURSES: Upper-division courses that emphasize interdisciplinary and critical-thinking approaches to global, technological and societal issues.

SYLLABUS: A list of course objectives, lecture topics, assigned readings, exams, etc. that is prepared and distributed by an instructor at the beginning of the term.

TRANSFER STUDENT: A student who has completed 36 or more term credits at one institution and will resume their college course work at a second institution.

UPPER-DIVISION COURSES: Course offerings at a level of comprehension usually associated with junior or senior students. Upper-division courses are numbered in the 300s and 400s.

WARNING (ACADEMIC): Students with a term GPA below 2.0 are placed on academic warning.

WITHDRAW: To voluntarily leave a course or the university without academic penalty.

WRITING-INTENSIVE COURSES (WIC): Designated upper-division courses in the major discipline that use student writing as a significant approach to learning.



CHECK OUT THE PARENT & FAMILY WEBSITE

Information on this website is meant to guide you in supporting your student and their success. We believe the more informed you are about Oregon State University, the more you will be able to support and empower your student. Visit us at families.oregonstate.edu.

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We offer an e-newsletter for the parents and families of new students joining Oregon State University. The e-newsletter shares activities and milestones, things your student may be experiencing and helpful tips on supporting them at OSU. You can sign up at families.oregonstate.edu/resources.

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Office of Student Orientation

Oregon State University
Corvallis, OR 97331

541-737-7627 | newstudents@oregonstate.edu



Oregon State University
Office of Student
Orientation

families.oregonstate.edu