

Academic Success Resources for Life Science Students at OSU

First Steps for Students in Academic Difficulty

Talk to your **professors** and/or graduate **teaching assistants (TAs)** as your first point of contact if you have questions or struggling. They can suggest strategies for succeeding in their course. Contact your advisor for any further concerns.

Your Academic Advisor as a Resource

- Make sure your advisor is aware of your situation so he/she can discuss options with you. This is especially important if you are considering changes to your schedule, have academic difficulty, or face other challenges to your success. When in doubt, contact your advisor!

Important Dates:

- Important dates regarding when to ADD, DROP, or WITHDRAW from courses are within the first 2 full weeks of classes each regular term. Refunds decline after Week 2. For more detailed information, visit: <http://catalog.oregonstate.edu/ChapterDetail.aspx?key=148>
 - **Week 7:** Last day to change to S/U grading and WITHDRAW from courses via web is FRIDAY (unless there is a holiday). (You cannot S/U courses for your major so you should talk options with your advisor before week seven).
- Academic Warning or Probation? Take ALS 116 Academic Success: (541) 737-2272; <http://success.oregonstate.edu/als-116>.
 - Also look into "Zero to Success in 77 Days: A Week-by-Week To-Do List for the Term," http://oregonstate.edu/uesp/sites/default/files/zero_to_success_in_77_days_su13rev.pdf

Additional People and Resources:

Talk to someone if a physical or mental health issue is getting in the way of your performance. Contact Student Health Services and/or Counseling and Psychological Services (CAPS) for assistance right away.

Student Health Services: Plageman Building
(541) 737-WELL (9355), <http://studenthealth.oregonstate.edu/>

Counseling and Psychological Services (CAPS):
5th Floor Snell, (541) 737-2131, <http://counseling.oregonstate.edu/>

CAPS offers a variety of workshops and other resources for students who are having difficulty succeeding in their academic and/or personal lives. They can assist with things like **Test Anxiety**. CAPS also has the **Mind Spa**, a quiet space for students to learn about holistic health and stress management. To learn more about these services visit <http://counseling.oregonstate.edu/#Biofeedback>

Career Development Center: Talk to a Career Services counselor about career options and resources in the basement of the Kerr Admin. Building, (541) 737-4085, <http://career.oregonstate.edu/>

Additional Support Services

Educational Opportunity Program (EOP) –Assistance for Nontraditional Students
(541) 737-3628 | 337 Waldo Hall
<http://oregonstate.edu/dept/eop/>

EOP works with students of color, older than average students, students with disabilities, single parents, low-income, first generation, and rurally isolated students. Contact EOP for academic support services and course Related programs:

- **TRiO Student Support Services (SSS)**
(541) 737-3907 or (541) 737-2549
<http://oregonstate.edu/dept/sss/>
TRiO offers free services including tutoring & testing accommodation for first generation, low-income, & learning/physically disabled students.

College Assistance Migrant Program (CAMP),
(541) 737-2389 | <http://oregonstate.edu/dept/camp/>
CAMP supports students whose history includes migrant/seasonal agricultural work by providing financial and academic support for freshman.

Academics for Student Athletes (ASA)
(541) 737-9338 | Student Success Center, 3rd Floor
<http://oregonstate.edu/studentathlete/>
SAAS offers free help with all academic subjects to members of intercollegiate athletics teams. Tutors help with the course content and offer general study skills.

Disability Access Services
(541) 737-4098 & (541) 737-0593 (TDD)
A200 Kerr. Admin. Bldg. | <http://ds.oregonstate.edu/home/>
DDS works with students with documented disabilities to provide oral and sign language interpreting, note taking, transcribing & captioning, equipment loans, and other accommodations.

Academic Success Center (ASC) – Assistance with General Study Skills

102 Waldo Hall, (541) 737-2272,
<http://success.oregonstate.edu/>

The ASC supports all OSU students through information and referral, courses, academic coaches & peer lead study tables (see the back of this document). Go to their interactive **Learning Corner** website here:
<http://success.oregonstate.edu/learning-corner> The ASC can help w/ general study skills with the following:

- **Meet with an Academic Coach** about improving your grades, doing better on tests, or managing your time. Go to this website to learn more and make an appointment:
<http://success.oregonstate.edu/academic-coaching>
- **Academic success & learning style resources:**
<http://success.oregonstate.edu/resources>
- **Take an academic success course.**
 - **ALS 116** focuses on strategies for succeeding academically
 - **ALS 114** - Career Decision Making focuses on work and career development

Collaborative Learning Center (CLC)
Valley Library Main Floor,
<http://osulibrary.oregonstate.edu/clc/>

The CLC staffs free peer tutors and graduate teaching assistants from Chemistry, Math, Physics, The Writing Center.

Beth Ray Center for Academic Support – It's home to academic success programming, a computer lab, & study areas.
<http://success.oregonstate.edu/brc>

Supplemental Instruction and The Writing Center
(See next page for details).

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Tutoring and other Academic Support Services by Subject

Biology

- The Academic Success Center offers **Supplemental Instruction** - tutor facilitated study groups for BI 211 (fall term), 212 (winter term), & 213 (spring term). For information, contact (541) 737-2272 or visit <http://success.oregonstate.edu/si>.
- Biology program graduate teaching assistants offer open office hours in Weniger Hall – see Blackboard.
- Anatomy and Physiology: The ASC sometimes offers **Supplemental Instruction** - small tutor facilitated study groups for A&P (BI 231-233 & 241-243; BI 331-333 & BI 341-343). For information call (541) 737-2272 or visit <http://success.oregonstate.edu/si>.

Chemistry

- Free, drop-in tutoring for general chemistry (CH 121-123 & 221- 223) is offered at the **Mole Hole** in the Valley Library's Collaborative Learning Center (CLC). See schedule at <http://chemistry.oregonstate.edu/content/general-chemistry-course-information>.
- CH 199 - 1 cr course offered every term provides supplemental instruction for CH 121-123 and CH 231-233.
- Tutors for other chemistry courses or for general chemistry can be hired. Visit the Chemistry Department in Gilbert 153 for a list of qualified tutors.

Microbiology

The Microbiology Student Association is willing to provide tutoring to students having difficulties in microbiology. Students needing tutoring can contact Linda Bruslind at bruslindl@oregonstate.edu.

Physics

- The **Worm Hole** provides help in general physics (PH 201-203, & 211-213) in Weniger 145. Evening hours are offered in the Library's Collaborative Learning Center. For more information and times call (541) 737- 4631.
- The Physics Department maintains a list of tutor's students can hire in their office, Weniger 301.
- The Academic Success Center offers **Supplemental Instruction** for MTH 112, 251, & 252. For information call (541) 737-2272 or visit <http://success.oregonstate.edu/si>.

Statistics

For specific course assistance, visit Kidder 113H. The Statistics Department (Kidder 44) lists private tutors for pay <http://stat.oregonstate.edu/content/statistics-department-private-tutors>.

Check blackboard for your class' free Help Sessions.

Extra Study Resources

Sigma Delta Omega (SDO) Women's Science Sorority
SDO members facilitate study groups for biology, chemistry, statistics and other science courses. Interested students should send an email to sigmadeltaomega@gmail.com to see what subjects SDO currently offers this term.

Study Groups – Form study groups with your classmates.
http://success.oregonstate.edu/sites/default/files/how_to_conduct_a_successful_study_group.pdf

Cultural Center Academic Support – Open to all students. Tutoring in math and sciences, study tables, writing assistance, and academic mentors are available.
<http://oregonstate.edu/dept/eop/academic-support>

The Writing Center

<http://writingcenter.oregonstate.edu/>
123 Waldo Hall and Valley Library, (541) 737-5640

The Writing Center is a free service of the ASC. Writing Center Assistants help writers with such matters as brainstorming, organizing, revising, and grammar usage. For more information, call (541) 737-5640 or go to Waldo Hall. You can also check out the Undergrad Writing Studio – no appointments necessary.
<http://writingcenter.oregonstate.edu/undergrad-writing-studio>

Check out the **Online Writing Lab (OWL)**
<http://writingcenter.oregonstate.edu/OWL> Writing Assistants won't proofread your paper, but they will analyze your work for errors that reoccur so that you can proofread the paper yourself.

Mathematics

- Please contact your math instructor and/or teaching assistant as your first line of contact for assistance.
- **The Math Learning Center** in Kidder 108 offers free, drop in tutoring and free drop-in math software tutoring (MATLAB and Maple). Visit <http://www.math.oregonstate.edu/mlc>
- Take MTH 299 – Math EXCEL workshop (2 credits) along with MTH 251 and MTH 252 - small groups of motivated students working together on challenging problems. For more info, contact the math department at 541-737- 4686.
- Free math tutors are available on campus in the:
 - Evenings in the Library's Collaborative Learning Center (CLC) (see front page).
 - Residence halls along w/ Academic Learning Assistants.
- You can also search for private math tutors for pay http://www.math.oregonstate.edu/private_tutors.

Mathematics Assistance for Educational Opportunity Program (EOP) Students (see reverse side of page)

- The ASC, Intercultural Student Services, & Diversity Development provide academic support for EOP students. <http://oregonstate.edu/dept/eop/academic-support>
- MTH 111 and 112 - Take MTH 199 – Math EXCEL workshop (1 credit) along with MTH 111 and/or MTH 112. Contact EOP (see other side of handout for contact information) for help signing up for this class.
- MTH 251 and/or 252 - Take MTH 299 – Math EXCEL workshop (2 credits) along with MTH 251 and/or 252. Contact EOP as above.

Computer Labs: <http://oregonstate.edu/is/mediaservices/sci/>
OSU has over 100 computers available to students in Milne, the 1st floor of Bexell, Peavy, Student Success Center, Valley Library, and other locations. <http://oregonstate.edu/helpdocs/faq/how-can-i-get-more-information-about-computer-labs-0>

Valley Library: Borrow Laptops, Tablets, & more
<http://osulibrary.oregonstate.edu/borrowing>

Private Tutors – See tips for hiring a private tutor at http://success.oregonstate.edu/sites/success.oregonstate.edu/files/hiring_a_tutor.pdf

Study Guides – <http://www.studygs.net/> has a number of excellent studying, test taking and other success resources.

Housing: Tutors and live-in **Academic Learning Assistants (ALA)** in on-campus housing