

Academic Success Resources for Life Science Students at OSU

Updated October 2023

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 having challenges with the class. They can suggest strategies for succeeding. [Get tips on how to use office hours effectively.](#)

Your Academic Advisor as a Resource: Make sure your advisor is aware of your situation so they can discuss options with you. This is especially important if you are considering changes to your schedule 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, view the [Academic Calendar](#).

★ **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 (and option) or minor, so you should discuss concerns with your advisor before **Week 7**.

***** ★ **Science Success Center:** Kidder 109 | (541) 737-3854

★ *Open 9am-7pm Mon-Thu, and 9am-5pm on Fri.*

★ The Science Success Center has Peer Advisors and staff that can offer assistance with career services, registration help, and campus resource referrals. It's also a great study space and place to connect with other COS students!

★ Follow on social media pages @COSPeerAdvisors or [email them!](#)

★ **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 (SHS):** (541) 737-WELL (9355) | 850 SW 26th St. & other clinic locations on campus. *In crisis? Check out [SHS Urgent Resources](#)*

★ **Counseling and Psychological Services (CAPS):** (541) 737-2131.

★ 500 Snell Hall, CAPS offers a variety of workshops & other resources for students who are having difficulty succeeding in their academic and/or personal lives, such as Test Anxiety. [Anytime Anywhere](#) is a free app where students can access counseling 24/7 from anywhere! CAPS also has the Mind Spa, a quiet space for students to learn about holistic health and stress management.

★ **OSU Experience:** Find in-person and remote services to support you.

★ Consider this page your go-to spot for information and opportunities, including resources to connect and engage, enhance your well-being, find career development, seek academic support, or find other student support resources.

Ecampus Students - Resources, such as success coaching, online tutoring, library resources, and career services, are available to all OSU online learners. Click [here](#) to learn more.

Not sure where to start? Connect with **Ecampus Student Services**, a liaison between distance students and the many services offered at OSU: ecampus.ess@oregonstate.edu or [541-737-9204](tel:541-737-9204), option 1

★ **Additional Support Services**

★ **Disability Access Services (DAS):** (541) 737-4098

★ A200 Kerr. Admin. Bldg. DAS provides accommodations, education, consultation and advocacy for qualified students with disabilities at Oregon State University. DAS can assist students with resources such as providing oral and sign language interpreting, note taking, transcribing & captioning, equipment loans, and other accommodations.

★ **Basic Needs Center:** College is stressful enough without worrying about how you're going to pay rent or buy groceries. Our programs help low-income students stay focused on academics.

★ They offer services such as food resources, housing help, health plan assistance, and textbook lending.

★ **Reach Out for Success:** University students encounter setbacks from time to time. If you encounter difficulties and need assistance, it's important to reach out. Consider discussing the situation with an instructor or academic advisor. Learn about resources that assist with wellness and academic success at oregonstate.edu/ReachOut.

★ **TRiO Student Support Services (SSS):** (541) 737-3628

★ 337 Waldo Hall. TRiO offers free services including tutoring & testing accommodation for first generation, low-income, & learning/physically disabled students.

Academic Success Center (ASC)

125 Waldo Hall, (541) 737-2272,

The ASC supports all OSU students through information and referral, courses, academic coaches & peer lead study tables (See next page for details)

Not sure where to start? Go to the ASC's interactive [Learning Corner](#) website. The ASC can help w/ general study skills, time management, note-taking, reading and test-taking strategies.

◆ **Check in with the [ASC Strategist](#)** for help finding ASC and other OSU resources, strategizing study groups, time management, and more!

◆ **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.

◆ **Take an academic success course.**

⇒ [ALS 116 - Academic Success](#) focuses on strategies for succeeding academically, particularly helpful if you are on Academic Warning or Probation

⇒ [ALS 114 - Career Decision Making](#) focuses on work and career development

Supplemental Instruction (SI)

This program offers peer-led, group study tables for certain challenging courses including general biology, general chemistry, organic chemistry, physics, precalculus, and calculus! (See next page)

Academic Learning Assistant (ALA)

An ALA is a live-in, peer mentorship, student staff position working an average of 15 hours a week within the Residence Halls. There is one ALA assigned to each of the residential communities.

[The Writing Center](#) (See next page for details)

★ **Crisis Text Line:** If you are in immediate crisis, please contact the **Crisis Text Line** by texting OREGON to 741-741 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

★ **Educational Opportunity Program (EOP):** (541) 737-3628

★ 337 Waldo Hall. EOP serves students from historically underrepresented backgrounds, including (but not limited to) students of color, low-income students, first-generation in college and undocumented or DACAmented students. If you identify as a student from a historically underrepresented background, please consider applying to EOP. EOP offers academic support services and special courses.

★ **Financial Support through [CAFE \(Center for Advancing Financial Education\)](#)** - CAFE is housed in the College of Business and is your one-stop financial wellness center, providing services to the entire OSU community and beyond. CAFE provides advice, the resources and information to navigate college, and/or make sound financial decisions. We provide free services such as, self-study modules and coursework.

★ **Transfer Students:** The [Academic Success Center](#) offers transfer consults at the beginning of the term. They provide success-related tools and can help students identify specific resources that ease students' transition to OSU. Drop in Thursday of Week 1, 10am-4pm. success@oregonstate.edu

Academic Success Resources for Life Science Students at OSU

Tutoring and other Academic Support Services by Subject:

College of Science Tutoring Centers: Engagement & learning for academic success in a variety of subjects

Biology:

- **Vole Hole:** Weniger 115

Biology graduate teaching assistants offer open office hours for tutoring for the BI 22x series. Hours vary M-F, 9am-5pm. Vole Hole tutoring sessions may be hosted remotely via MS Teams - visit the Canvas course sites for access.

- **Supplemental Instruction Tables** - The Academic Success Center offers tutor facilitated study groups for General Biology (BI 204-206 & BI 221-223) and Introduction to Human Anatomy and Physiology (BI 231-233).

Chemistry:

- **Mole Hole:** The Valley Library, 3rd floor
Free, drop-in tutoring for General Chemistry (CH 121-123 & CH 231- 233). Organic Chemistry help is also available. Hours vary.
- **Supplemental Instruction Tables** - The Academic Success Center offers tutor facilitated study groups for General Chemistry (CH 231-233) and Organic Chemistry (CH 331-332).
- Private tutors for other chemistry courses or for general chemistry can be hired. Visit this [website](#) for a list of tutors.

Physics:

- **Worm Hole:** Weniger 334
Provides help in general physics (PH 201-203 & 211-213) in-person or remotely. For more information and times call (541) 737- 4631 or visit this [website](#).
- **Supplemental Instruction Tables** - The Academic Success Center offers tutor facilitated study groups for PH 201-203.
- The Physics Department maintains a [list of tutors for hire](#).

Microbiology:

The Microbiology Student Association (MSA) is willing to work with students having difficulties in microbiology to find appropriate resources. Students can contact MSA officers at oregonstatemsa@gmail.com.

Biochemistry:

Please contact the Biochemistry/Biophysics (BB) office to connect with a BB club officer for information about tutoring at BB.Office@oregonstate.edu.

Extra Study Resources

College of Science Tutoring Centers: Engagement & learning for academic success

Sigma Delta Omega (SDO) Women's Science Sorority: SDO members facilitate study groups for biology, chemistry, statistics and other science courses. Free tutoring is open to *all* students. Email sigmadeltaomega@gmail.com to see what subjects tutor.

Study Groups: Form study groups with your classmates. Click [here](#) for tips to form in-person or remote study groups.

Time Management: Learn ways to manage and make time. View this [document](#) for helpful tips and tools for managing time.

Tutoring at OSU: See tips for finding tutors [here](#).

Academics for Student Athletes (ASA): (541)737-9338 | Beth Ray Center for Academic Support. ASA has several facilities that offer free help with all academic subjects to members of intercollegiate athletics teams. Tutors help with the course content and offer general study skills.

Ecampus/Online Tutoring: You can connect to live tutors from any computer that has internet. Access a virtual whiteboard that allows tutors and students to work on problems in a real time environment. You can also visit an online writing lab where tutors critique and return essays within 48 hours

The Writing Center:

Main Floor of Valley Library (southeast corner) | (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.

- **Undergrad Writing Studio:** a place where undergraduate students are able to receive writing help from trained peers as they write. No appointments necessary!
- **Online Writing Suite:** Writing Center staff will give you feedback on writing projects electronically via email or video consultation.
- **Multilingual Support:** Our consultants are trained to facilitate writing sessions around topics ranging from cohesion and coherence to vocabulary usage, word choice, grammar and syntax.
- **Writing Workshops:** Offered throughout the academic year.

Mathematics & Statistics:

- Please contact your instructor and/or teaching assistant as your first line of contact for assistance. Find a list of math resources [here](#).
- **The Mathematics & Statistics Learning Center:** Kidder 108
Free, drop in tutoring and free drop-in math software tutoring (MATLAB and Maple). Click [here](#) or call (541) 737-5146.
- **Supplemental Instruction Tables** - The Academic Success Center offers tutor facilitated study groups for Precalculus (MTH 111Z & MTH 112Z), Calculus (MTH 251, MTH 252 & MTH 254), and Introduction to Statistical Methods I (ST 351).
- **Private tutors** may be available to hire.
- View TA office hours for Statistics [here](#).

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

- Academic support for [EOP students](#).
- **MTH 103, 111 and 112** - Contact EOP (see other side of handout for contact information) for help signing up for this class.

Not sure where to start?

Get connected with a peer advisor at the [Science Success Center](#) for help navigating and using Oregon State's resources!

Places and Spaces for studying success: View resources to find elements of a productive study space and check out suggested spaces on campus.

Computer Labs: OSU has over 100 computers available to students in Milne, Bexell, Kidder, the Valley Library, Withycombe, and other places.

Valley Library: Borrow laptops, tablets, calculators, computer accessories & more.

Technical Support: (541) 737-8787 | Milne Hall
Service Desk offers free support to OSU for general computing, technology, applications, and security of personal information.

ReadSpeaker and TextAid: These are tools that use text-to-speech technology to read content aloud, available to all students in [Canvas](#).

Zoom: Provides video conferencing for remote connections with your instructors and peers. Classes, office hours and study groups may take place over Zoom, whether synchronously (everyone together at once) or asynchronously (everyone at their own pace).

Beaver Hub: Oregon State's all-in-one platform that allows you to schedule an appointment with your advisor, check your OSU finances, get support from departments on campus, and see a report of your Canvas page!