

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: <https://registrar.oregonstate.edu/faqs-fall-term-start-tuition-refund-and-dropwithdraw-dates>

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>.
- Not sure where to start to get help? Go to: <http://success.oregonstate.edu/learning/where-do-i-start>

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:** 201 Plageman Building (541) 737-WELL (9355), <http://studenthealth.oregonstate.edu/>
* *In crisis?* <http://studenthealth.oregonstate.edu/emergency-resources>
- ◆ **Counseling and Psychological Services (CAPS):**
500 Snell Hall, (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.
- ◆ **The Career Development Center:** Basement of Kerr Admin. Building, (541) 737-4085, <http://career.oregonstate.edu/>. They offer each OSU student access to career events, tools and resources, and individual career consultations specific to your background and goals.
- ◆ Find ways to get involved and seek out experiences related to your interests and goals: <http://experience.oregonstate.edu/>

Additional Support Services

Educational Opportunity Program (EOP) – Assistance for students from historically underrepresented backgrounds.

(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 courses. 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.

Academic Success Center (ASC) – Assistance with General Study Skills 125 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>. The ASC can help w/ general study skills, time management, note-taking, reading and test-taking strategies.

◆ **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>

◆ Check in with the **Student Strategist** for help finding ASC and other OSU resources, strategizing study groups, time management, and more!

◆ **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

Beth Ray Center for Academic Support

It's home to academic success programming, a computer lab, & study areas.
<http://success.oregonstate.edu/brc>

Collaborative Learning Center (CLC)

Valley Library Main Floor,
<http://osulibrary.oregonstate.edu/clc/>
The CLC offers a variety of support services for your studies. CLC staffs free peer tutors and graduate teaching assistants for Chem. & Math.

Supplemental Instruction (SI)

<http://success.oregonstate.edu/si>
This program offers peer-led, group study tables for certain challenging courses: MTH 251, BI 211, 231, 331, CH 231, & PH 201 (*More on next page*)

The Writing Center (*See next page for details*)

Academics for Student Athletes (ASA)

(541)737-9338 | Beth Ray Center for Academic Support
<http://oregonstate.edu/studentathlete/>

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.

Disability Access Services (DAS)

(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.

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

<https://www.science.oregonstate.edu/science-success-center>
Follow on social media pages @COSPeerAdvisors or email at sciencesuccess@oregonstate.edu. College of Science student Peer Advisors can connect you with campus resources and help with registration questions.

Academic Success Resources for Life Science Students at OSU

Tutoring and other Academic Support Services by Subject:

Biology

- The Academic Success Center (ASC) 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>.
- **Vole Hole**: Biology graduate teaching assistants offer open office hours for tutoring for the BI 21x series in Weniger Hall 139. Hours vary M-F, 9am-5pm. See schedule on CANVAS.
- **Anatomy and Physiology**: The ASC 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 & 231-233) is offered at the **Mole Hole** in the Valley Library's Collaborative Learning Center (CLC). Organic Chemistry help is also available. See hours at: <http://osulibrary.oregonstate.edu/clc>
- The ASC offers **Supplemental Instruction** for CH 231, 232, & 233. <http://success.oregonstate.edu/si>.
- 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 or go to <http://chemistry.oregonstate.edu/content/chemistry-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 334. For more information and times call (541) 737- 4631.
- The ASC offers **Supplemental Instruction** for PH 201, 202, & 203. <http://success.oregonstate.edu/si>.
- The Physics Department maintains a list of tutor's students can hire in their office, Weniger 301.

Statistics: Statistics Department (Weniger 239) lists private tutors for pay <http://stat.oregonstate.edu/content/statistics-department-private-tutors>. You can also check TA office hours here: <https://stat.oregonstate.edu/content/teaching-assistants-office-hours>

Biochemistry: General Biochemistry (BB 35x/45x) support in ALS 2018, Mon-Thu, 6-8pm. See schedule at: http://we.science.oregonstate.edu/als-calendar-node-field-date/month?field_room_als_tid=11

Extra Study Resources

Sigma Delta Omega (SDO) Women's Science Sorority

SDO members facilitate study groups for biology, chemistry, statistics and other science courses. Tutoring is open to all students. Interested students should send an email to sigmadeltaomega@gmail.com to see what subjects SDO currently offers this term.

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

Study Groups – Form study groups with your classmates.

http://success.oregonstate.edu/sites/default/files/how_to_conduct_a_successful_study_group.pdf

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

The Writing Center: <http://writingcenter.oregonstate.edu/>
123 Waldo Hall, (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 123.

You can also check out the **Undergrad Writing Studio** – no appointments necessary. Get help while you're writing.
<http://writingcenter.oregonstate.edu/undergrad-writing-studio>

Check out the **Online Writing Suite:** <http://writingcenter.oregonstate.edu/online-writing-lab>. Writing Center staff will give you feedback on writing projects.

Other online writing resources: <http://writingcenter.oregonstate.edu/online-writing-resources>

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> or call (541)737-0797.
- 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.
- The ASC offers **Supplemental Instruction** for MTH 251: <http://success.oregonstate.edu/si>.
- Free math tutors are available on campus in the:
 - ◊ Evenings Sun-Thu 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. <https://eop.oregonstate.edu/tutoring-support>
- **MTH 111 and 112** - Take MTH 199 – Math EXCEL workshop (1credit) 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.

College of Science Resources:

<http://www.science.oregonstate.edu/sac/resources>

Computer Labs: <https://is.oregonstate.edu/campus-labs>

OSU has over 100 computers available to students in Milne, Bexell, Kidder, the Valley Library, and other locations.

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

Housing: Tutors and live-in **Academic Learning Assistants (ALA)** in on-campus residence halls assist with academic support: <https://uhsd.oregonstate.edu/hallstaff/academic-learning-assistant>.

STEM Study Tables: Women's Center, Every Monday, 4-6pm. Tutoring in a wide range of science courses.

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