

# 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 having challenges with the class. They can suggest strategies for succeeding in their course. [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 he/she 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, visit the [Registrar's page](#).

**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) so you should discuss concerns with your advisor before week seven.

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

The Science Success Center has Peer Advisors and staff that can offer assistance with career services, registration help, and campus resource referrals. Follow on social media pages @COSPeerAdvisors or email at [sciencesuccess@oregonstate.edu](mailto:sciencesuccess@oregonstate.edu).

## 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); 201 Plageman Building & other clinic locations on campus.  
*In crisis? Check out [SHS Urgent Resources](#)*

◆ **Counseling and Psychological Services (CAPS):**  
500 Snell Hall, (541) 737-2131

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.

**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](mailto: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.

**Human Services Resource 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](http://oregonstate.edu/ReachOut).

## 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 the back of this document).

**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.

◆ **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.

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

◆ **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: MTH 251, BI 211, 231, 331, CH 231, & PH 201 (*More on 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 are 14 ALAs, one assigned to each of the residential communities.

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

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; <http://oregonstate.edu/dept/eop/>

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.

**TRiO Student Support Services (SSS):** (541) 737-3628  
337 Waldo Hall; <http://oregonstate.edu/dept/sss/>

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

**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](mailto:success@oregonstate.edu)

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## 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.
- **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.

### **Chemistry:**

- Free, drop-in tutoring for general chemistry (CH 121-123 & 231-233) is offered at the **Mole Hole** on the Valley Library 3rd floor. Organic Chemistry help is also available. Hours vary. See more information at: <http://osulibrary.oregonstate.edu/clc>
- The ASC offers [Supplemental Instruction](#) for CH 231, 232, & 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 or go to this website: <http://chemistry.oregonstate.edu/content/chemistry-tutors>.

### **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.
- The Physics Department maintains a [list of TA office hours](#) and a [list of tutor's for hire](#).

### **Biochemistry:**

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

### **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](mailto:oregonstatemsa@gmail.com).

## **Extra Study Resources**

### **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. Send an email to [sigmadeltaomega@gmail.com](mailto:sigmadeltaomega@gmail.com) to see what subjects SDO currently offers this term.

**Study Groups** – Form study groups with your classmates.

Click [here](#) for tips.

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

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

**College of Science Success Resources:** Click [here](#) for more.

**Online Tutoring:** Available for any student taking Ecampus courses with [NetTutor](#)

## **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.
- [Other online writing resources](#)

## **Mathematics & Statistics:**

- Please contact your instructor and/or teaching assistant as your first line of contact for assistance. For sources for help in Math and Statistics classes, including private tutors for hire, go to this [website](#).
- **The Mathematics & Statistics Learning Center** in Kidder 108 offers free, drop in tutoring and free drop-in math software tutoring (MATLAB and Maple). Click [here](#) or call (541)737-5146.
- The ASC offers [Supplemental Instruction](#) for some math classes.
- Take **MTH 299** – Math EXCEL workshop (2 credits) along with MTH 251 in Fall and MTH 252 in winter - small groups of motivated students working together on challenging problems. For more info, contact the math department at 541-737- 4686.

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

- Academic support for [EOP students](#).
- **MTH 103, 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.

### **Statistics:**

View TA office hours [here](#).

## **Places and Spaces for studying success:**

<https://success.oregonstate.edu/places-spaces-study>

**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:** [Service Desk](#) offers free support to OSU for general computing, technology, applications, and security of personal information.

**Finding Experiences:** Find ways to get involved and seek out experiences related to your interests and goals. Start [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.