

Corvallis & Ecampus

STUDENT SUPPORT RESOURCES





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Legend

 = Available to Corvallis Campus students





 = Available to Ecampus students

 = Some services available to Ecampus

ACADEMIC & CAREER SUPPORT

Academic Success Center

- c** The Academic Success Center supports students in practicing skills and habits for academic success. Services include drop-in support, academic coaching, supplemental instruction, workshops, and live online chat with Academic Strategists.

 success.oregonstate.edu  541.737.2272  Waldo 125  success@oregonstate.edu

Academics for Student Athletes

- C** The Academics for Student Athletes team helps student athletes achieve their educational goals. They provide individualized academic support from selecting the right major and courses to managing weekly workloads.

 studentathlete.oregonstate.edu  541.737.7489  Beth Ray Center





Career Development Center

- C** The Career Development Center offers a variety of services to assist students in preparing for post-graduation employment and graduate school, including job and internship listings, cover letter and resume assistance, and interview preparation.

 career.oregonstate.edu  541.737.0532  Kerr Admin A110  career@oregonstate.edu

Ecampus Career Hub

- e** Access online career events, webinars, job postings, top-notch career tools and expert advice curated from across OSU and beyond. We're bringing the power of Oregon State's career network to you so you can find it and use it when you want it.

 careers.ecampus.oregonstate.edu  800.667.1465  Valley Library 4943  career@oregonstate.edu

Ecampus Student Services Representatives

- e** Ecampus student services representatives assist by providing quick answers and support for immediate student concerns. They can help with navigating university processes such as change of major forms, overrides, questions regarding resources, registration concerns, liaison with student accounts, petitions, tuition refund appeals and facilitation of instructor-student issues.

 ecampus.oregonstate.edu/services/student-services  800.667.1465  ecampus.ess@oregonstate.edu

Ecampus Success Coaching

- e** Success coaches work with students to maximize capacities, utilize resources, promote self-reflection, develop new understanding, and plan for success. They are available for short and long-term support throughout your time with Ecampus.

 ecampus.oregonstate.edu/services/student-services  800.667.1465  ecampus.success@oregonstate.edu

Ecampus Success Navigators



- e** Success navigators support students navigate the Ecampus onboarding and orientation process, help students access and use university systems confidently, connect with advisors, and share success resources. Navigators support all Ecampus students from the time they are admitted to OSU through their first year.

 ecampus.oregonstate.edu/services/student-services  ecampus.navigators@oregonstate.edu

Graduate Student Support

C The Graduate School offers support services to Corvallis and Ecampus students including appointments with the Director of Grad Student Success, the Graduate Writing Center, and career development.

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 Book an appointment w/ Ashleigh Anderson at graduate.oregonstate.edu/directory/ashleigh-anderson
 ashleigh.anderson@oregonstate.edu

TRiO Student Support Services

C TRiO Student Support Services programs provide opportunities to students who are first-generation students, Pell eligible, and/or have a documented disability. Their services promote academic growth and development, assists students with basic college requirements, and serve to motivate students toward the successful completion of their post-secondary education. Eligible students may apply on their website.

 trio-sss.oregonstate.edu/sss  541.737.3907  Waldo 350

ACCESSIBILITY & ACCOMMODATIONS

Disability Access Services

C Disability Access Services provides accommodations, education, consultation and advocacy for qualified students with disabilities. DAS works with students at the Corvallis Campus, Cascades Campus and Ecampus.



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 ds.oregonstate.edu  541.737.4098  Kerr Admin A200  disability.services@oregonstate.edu

Student Care

C Student Care is dedicated to assisting students experiencing extenuating circumstances through resource referral, care coordination, and university navigation. They can assist in situations that may interfere with student success such as unexpected life events, personal crises, illness or injury, hospitalization, loss of a loved one, and mental health challenges.

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 care.oregonstate.edu  541.737.8747 / Text 541.351.8276 (M-F 9am-5pm only)

ADVOCACY & LEGAL ASSISTANCE

ASOSU Office of Advocacy

C The Office of Advocacy can help students navigate areas including (but not limited to) Code of Conduct violations, grade appeals and late drop petitions, cheating and plagiarism accusations, financial accounts and aid, graduate and international student issues, and Equal Opportunity & Access (Title IX) cases. They serve students enrolled at the Corvallis campus, Cascades, and Ecampus.

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 asosu.oregonstate.edu/advocacy  541.737.9200  SEC 228  asosu.advocacy@oregonstate.edu

Bias Incident Response

C OSU aims to create and sustain learning, working and living environments free from bias. If you have experienced or witnessed a bias incident you can use their webpage to submit a report, learn more about the process, or connect with a member of the Bias Response Team.

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 diversity.oregonstate.edu/bias-incident-response


Center for Advocacy, Prevention & Education
CAPE cultivates a survivor-centered, trauma informed, culture of consent. They aim to create lasting social change and eliminate gender based violence through shared goals of comprehensive sexual health education, action-oriented prevention and compassionate survivor support. Advocates support survivors in areas such as housing accommodations, academic and financial assistance, emotional support, medical advocacy, safety planning, and explaining reporting options.

 cape.oregonstate.edu  541.737.2030  SEC 350  survivoradvocacy@oregonstate.edu





Equal Opportunity & Access
EOA is responsible for overseeing compliance with civil rights laws, regulations, and policies. They serve as OSU's Title IX and Americans with Disabilities Act/Section 504 coordinating office, and investigate reports of sexual misconduct and discrimination.

 eoa.oregonstate.edu  541.737.3556  Snell 330  equal.opportunity@oregonstate.edu

Ombud's Office
The Ombud's office provides a confidential, impartial, informal and independent resource for OSU community members to discuss conflicts and academic concerns. Their support includes (but is not limited to) helping explore options to address conflicts and other concerns, providing coaching for difficult conversations and conflict resolution, offering mediation between individuals or groups, assisting in navigating resources and processes, and bringing systemic concerns to the attention of OSU.

 ombuds.oregonstate.edu  541.737.4537  Waldo 116  ombuds@oregonstate.edu

Student Legal Services
Legal Services are provided to students at the Corvallis campus, paid for through student incidental fees. Their office provides legal advice and representation regarding disputes that do not pertain to OSU. They can assist with issues such as landlord/tenant disputes, traffic infractions, consultations for criminal charges, expungement of records, immigration, DACA application and renewal, debtor/creditor advice, consumer law, divorce and uncontested child custody, name changes, gender and sex changes, finance and insurance, and estate planning.

 asosu.oregonstate.edu/asosu/legalservices  541.737.4165  SEC 232  asosu@accessthelaw.org

BASIC NEEDS & FAMILY RESOURCES

Basic Needs Center
The Basic Needs Center provides services to assist students with food security, housing, and living with limited resources. They offer a food pantry, help with SNAP applications, access to textbooks and technology, a student laundromat, emergency housing, peer to peer support, and more. Their office is intended to be a welcoming space where students can relax, study, or meet up with friends. Corvallis and Ecampus students can arrange appointments with a Peer Navigator.

 basicneeds.oregonstate.edu  541.737.3747  Champinefu Lodge  bnc@oregonstate.edu

- C** **Family Resource Center**
The Family Resource Center provides programming and services to support the growth and success of OSU families with dependent care needs. They provide support with finding child care and elder care, exploring financial resources, lactation rooms, events that connect student parents and caregivers, and more. Ecampus students have access to some resources including consultations and access to Care.com.

 familyresources.oregonstate.edu  541.737.4609  Champinefu Lodge  familyresources@oregonstate.edu

- C** **Pregnancy & Lactation Resources**
OSU is dedicated to promoting and fostering an equitable and inclusive environment for all students and employees who are pregnant, lactating, or experiencing pregnancy-related conditions. Pregnancy-related conditions include childbirth, false pregnancy, termination of pregnancy, or medically necessary recovery therefrom. Use this webpage to explore resources.





 eoa.oregonstate.edu/accommodations/pregnancy

COMMUNITY, INVOLVEMENT & BELONGING





- C** **Beavers Belong Support Network**
Beavers Belong provides welcoming spaces where students can share support, build community, and have meaningful conversations. Weekly supportive spaces are led by trained Student Leaders who facilitate conversations around mental well-being, identity, and the challenges of college of life. Beavers Belong also hosts community events where students can connect and engage in fun activities. If you are interested in participating or being a Student Leader, please submit an interest form on the website.

 beav.es/belong  541.737.2131  molly.murphy@oregonstate.edu (program coordinator)


- C** **Community & Engagement & Leadership**
CEL's programs center around community-engaged leadership that deepens people's commitment to their community. They offer multiple ways for students to engage in community service projects and make an impact. They also offer peer advising, community dialogues, workshops, a week-long learning and service based travel opportunity during spring break, and more.


 see.oregonstate.edu/cel  541.737.3041  SEC 250  cel@oregonstate.edu




- C** **Craft Center**
The Craft Center provides a welcoming studio space for students at all skill levels where they can create, connect with others, and use crafting to manage stress. They offer space for activities like painting, beading, sewing, ceramics, metals/jewelry making, screen printing, woodworking, glass projects, and more. A variety of classes are also offered throughout the school year.




 craftcenter.oregonstate.edu  541.737.2937  SEC 002  craftcenter@oregonstate.edu

Cultural Resource Centers

 Each Cultural Resource Center provides a welcoming gathering space and support services to both on-campus and Ecampus students, as well as opportunities for all OSU community members to learn about different cultures and communities. They are dedicated to fostering an inclusive community committed to social justice and liberation for all people. They coordinate safe environments in which students can share and explore identities, culture, history, and self-expression in a positive and respectful space.




 see.oregonstate.edu/dce/cultural-resource-centers

Asian & Pacific Cultural Center  541.737.6361  2695 SW Jefferson Way  apcc@oregonstate.edu

Lonnie B. Harris Black Cultural Center  541.737.4372  100 SW Memorial Pl  lbh.bcc@oregonstate.edu

Centro Cultural César Chávez  541.737.3790  691 SW 26th St  cccc@oregonstate.edu


Ettihad Cultural Center  541.737.1052  SEC 380  ettihadcc@oregonstate.edu





Hattie Redmond Women & Gender Center  541.737.3186  1700 SW Pioneer Pl  hr.wgc@oregonstate.edu

kaku-ixt mana ina haws  541.737.2738  311 SW 26th St  ina.haws@oregonstate.edu


Pride Center  541.737.9161  1553 SW A Ave  pride.center@oregonstate.edu

Diversity & Cultural Engagement

 Diversity & Cultural Engagement is a platform for collaboratively building an inclusive, just community. Enriched by differences, their programs and initiatives empower students to develop multiple perspectives and foster self-awareness.


 dce.oregonstate.edu  541.737.9030  SEC 306  dce@oregonstate.edu



Ecampus Student Engagement

 The Ecampus Student Engagement Program Manager collaborates with students and campus partners to enhance access to involvement and belonging opportunities. Whether you're interested in student clubs, undergraduate research, the Ecampus Student Advisory Board, or have ideas to improve online student engagement, they're ready to help.


 541.737.7832  eddie.rodriquez@oregonstate.edu



Experimental Learning & Activities

 ELA is the hub of student organizations, media and creative expression. Their mission is to provide resources, advising and media platforms that help students of all identities create activities, share stories, build community and celebrate passions, cultures and lived experiences.

 see.oregonstate.edu/ela  541.737.6339

Holcomb Center for Military & Veterans Resources




 The Holcomb Center supports students who are military service members, veterans, and family members. Their staff provides free confidential counseling services, career guidance, educational resources, work stations, individual and group study spaces, a gaming lounge, a kitchenette, social gatherings and more. Find camaraderie and a place where you can be yourself.

 veterans.oregonstate.edu/holcomb-center  541.737.2278  Snell 150

 veteransresources@oregonstate.edu

C Spiritual Life @ OSU


Spiritual Life @ OSU is an association of religious, spiritual, and philosophical advisors from various faith traditions and expressions. In cooperation with the Office of the Dean of Students, they seek to encourage and cultivate spiritual exploration, discovery, and development by connecting students with religious, spiritual, and philosophical clubs or organizations on campus and in the community that align with their desired path. Their hope is to help foster a deepening sense of meaning and purpose.

 studentlife.oregonstate.edu/spiritual-life  541.737.8748  deanofstudents@oregonstate.edu

HEALTH & MENTAL WELL-BEING




C Anytime Anywhere - 24/7 Mental Health Support

e In partnership with TELUS Health, CAPS offers students free 24/7 access to mental health support through the Anytime Anywhere program. Connect with a counselor from wherever you are via phone, in-app chat or the TELUS Student Support website. Immediate support is available in English, Spanish, Mandarin, Cantonese and French. You can also arrange short-term teletherapy sessions, at times most convenient for you, and available in 150+ languages. Students may also request a counselor for short-term teletherapy with identities that match their own.

 Learn more and download at beav.es/anytimeanywhere

C Beavers Belong Support Network

e Beavers Belong provides welcoming spaces where students can share support, build community, and have meaningful conversations. Weekly supportive spaces are led by trained Student Leaders who facilitate conversations around mental well-being, identity, and the challenges of college of life. Beavers Belong also hosts community events where students can connect and engage in fun activities.

 beav.es/belong  541.737.2131  molly.murphy@oregonstate.edu





C Center for Advocacy, Prevention & Education

e CAPE cultivates a survivor-centered, trauma informed, culture of consent. They aim to create lasting social change and eliminate gender based violence through shared goals of comprehensive sexual health education, action-oriented prevention and compassionate survivor support. Advocates support survivors in areas such as housing accommodations, academic and financial assistance, emotional support, medical advocacy, safety planning, and explaining reporting options.

 cape.oregonstate.edu  541.737.2030  SEC 350  survivoradvocacy@oregonstate.edu





C Counseling & Psychological Services

e CAPS provides a range of services and resources to support your mental well-being. Whether you need immediate assistance or ongoing support, their counseling services are here for you. They offer drop-in hours for urgent needs ([check current hours](#)), a Single Session Clinic for focused guidance, short-term individual counseling, and various support and therapy groups tailored to specific topics and identities. In addition, CAPS features the Mind Spa—a private space designed for relaxation and renewal. Here, you can take a break, unwind, and explore a selection of wellness tools. For immediate assistance after hours, call 541.737.2131 and select option 1 to reach a crisis counselor.

 counseling.oregonstate.edu  541.737.2131  Snell 5th Floor  caps@oregonstate.edu



Dixon Recreation Center

- C** Dixon Rec helps OSU community members enhance their health and well-being while finding community. Discover
- e*** diverse facilities like climbing centers, swimming pools, fitness studios and weight rooms. Engage in inspiring programs such as fitness classes, training, wellness coaching, intramural sports, sports clubs and adventure-based learning. *Services available to Ecampus students with membership fee.

 recsports.oregonstate.edu  541.737.3748  425 SW 26th St  dixon@oregonstate.edu



OSU Assist

- C** OSU Assist is a multidisciplinary team that provides compassionate mobile crisis response and wraparound services for individuals facing extenuating circumstances or experiencing other forms of distress. They can respond to some on-campus wellness matters including (but not limited to) distressing situations, immediate mental health needs, wellness checks, survivor support, and delivery of difficult news.

 assist.oregonstate.edu  541.737.7000 (via Public Safety dispatch)




Student Care

- C** Student Care is dedicated to assisting students experiencing extenuating circumstances through resource referral, care coordination, and university navigation. They can assist in situations that may interfere with student success such as unexpected life events, personal crises, illness or injury, hospitalization, loss of a loved one, and mental health challenges. An online inquiry form is available on the website.

 care.oregonstate.edu  541.737.8747 / Text 541.351.8276 (M-F 9am-5pm only)

Student Health Services

- C** The SHS team is comprised of highly qualified health professionals including clinicians and health educators, dedicated to improving student wellness. They provide comprehensive medical and behavioral health care, disease prevention and treatment services, as well as extensive health promotion programs.

 studenthealth@oregonstate.edu  541.737.9355  850 SW 26th St + Rapid Care in Tebeau Hall

Wellness Coaching

- C** Wellness Coaching supports students with navigating transitions and overcoming challenges. Their peer-to-peer team can help students focus on strengths and values, work toward meaningful goals, take steps toward becoming they want to be, and build on what's working in your life rather than getting stuck on what's not. Schedule an appointment on their website.

 recsports.oregonstate.edu/fitness-wellness/fitness-wellness-education/wellness-coaching

 Dixon Recreation Center

Thriving Campus





- C** Thriving Campus makes it easy for students who need long-term or specialized care to find and connect with off-campus mental healthcare providers. The platform allows you to search for therapists near OSU or any other U.S. location, and filter by criteria such as specialization, accepted insurance, and counselor identity. You can read provider profiles, see their availability, and reach out directly, making the process of finding long-term care as seamless as possible.

 counseling.oregonstate.edu/thrivingcampus

INTERNATIONAL STUDENT SPECIFIC





INTO Oregon State University

- C** INTO OSU offers a range of programs and support services designed to help international students succeed academically and culturally. This includes academic preparation programs and skills development, English language support, personal and academic advising, housing, and community connections.

 intoosu.oregonstate.edu  541.737.2278  ILLC  intoosu@oregonstate.edu

Office of International Services

- C** OIS helps international students thrive with programs that foster friendships and community connection, assisting with immigration needs, providing academic advising and assisting with needs like requesting medical reduced course loads. They are committed to supporting international students through challenges and celebrating successes.
- e**

 internationalservices.oregonstate.edu  541.737.6310  University Plaza
 ois.student@oregonstate.edu